HONUS DRINKS GUIDE

FREE | JULY/AUGUST 2023

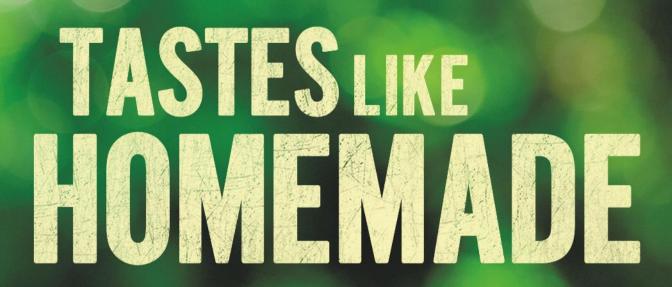
ON-TREND COCKTAILS AND DRINKS FOR GET-TOGETHERS SAVE OVER £23

with our coupons p4 & p7

Indian-inspired hot dogs p42

BUN TIMES.

Sizzling recipes and money-saving plans for the holidays





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Lauren Rose-Smith, Content director (print)

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JAMIE OLIVER Good food for Tesco, p98



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MIRIAM NICE Food & drinks writer and presenter, p65

School's out, the sun's shining... time to have fun! But that doesn't mean forking out. If the school holidays are weighing heavy on your mind, turn to p49 for our budget-friendly meal planner, packed with ideas to fill up hungry tums - from healthier snacks to dinners you can

stretch for quick meals the next day. And if you fancy making your own ice creams - a great way to spend some time with the kids - our no-churn recipes, p34, are easy. (Warning: the Rhubarb & custard cones are addictive!) Finally, take the pressure off holiday cooking with our crowdpleasing dishes you can shop for and cook with ease, p61, and the drinks guide on p65. Relax and enjoy, wherever you are!



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EVERYDAY

17 Cook once, eat twice

21 5 for £25

44 Last-minute meal ideas

49 Make-ahead dishes for the school holidays

61 Cooking in a home away from home

95 Tinspiration!

98 Jamie Oliver

WEEKEND

29 Field to fork

34 No-churn ice creams and Iollies

118Treat of the week

KNOW-HOW

42 Hot dog how-to

57 Money-saving holiday

105 Batch-cooking

110 Skills: Rice

116 Too good to waste

SHOPPING

10 Best buys

90 Back-to-school essentials and uniforms

HEALTH & WELLBEING

87 Spotlight on: Beating the heat

DON'T MISS...

...your 20-page guide to affordable summer sips. In it you'll find all the drink ideas you could want to complement any get-together. Turn to p65.





COVER RECIPE Indian-inspired hot dogs, p42 **RECIPE** Neel Shah PHOTOGRAPHY Kris Kirkham FOOD STYLING Ella Tarn

PROP STYLING Jenny Iggleden



WHY NOT TRY... LUNCH WITH A DIFFERENCE

Ditch dull sarnies and give one of these a go instead







RECIPE INDEX









SMALL PLATES & SIDES

Banana pancake sandwiches (V) (8)	53			
Cider-braised cabbage wedges ()				
Fish finger katsu wraps				
Green fritters 🛞	50			
Nutty cherry overnight oats 00 * 05	30			
Pear & prosciutto salad @				
Roasted cherry & goat's				
cheese toasts V	31			
Smoked mackerel pâté	100			

MEAT & FISH

Chicken & chorizo paella 📭 🙃 🛞	62
Chicken nugget tacos	24
Crispy gnocchi with chorizo &	
green beans 📴	24
Indian-inspired hot dogs	42
Pesto-crusted salmon with	
roasted veg	18
Pork & apple burgers 😵	55
Roasted veg & salmon tart	18
Salmon burgers 🛞	96
Sardine panzanella 📴	23
Sausage & kale cannelloni 🚳	62
Slow-cooker jerk basa 🛞	106

VEGETARIAN & VEGAN

TEGET/ ((1) (i) G TEG/ (i)	
Aubergine & spinach lasagne 🕡 😵	108
Aubergine parmigiana subs 🕡	26
Broccoli mac & cheese 🕡 🚳	96
Chickpea & apricot tagine 🕖 📴 🚳	96
Chilled summer soup 🕖 📴 🛞	102
Japanese-style pancakes 💔 📴	33
One-pan tomato pilaf 🕖 📭 🙃 🛞	11
Peperonata tarts 🕖 📴	25
Rainbow veggie toad-in-the-hole 🚺	54
Slow-cooker ratatouille 🕖 📴 🚱	106
Summer veg pasta 🕡	99
Veggie Cobb-style salad 🕡	100

SWFFT TREATS & DRINKS

SWELL TREATS & DRINKS	
3-ingredient blackcurrant milk	
pops V 🙃 🛞	39
Cherry Bakewell choc Iollies 🕡 😇 🛞	35
Orange & honey summer rice	
pudding 🕔 🙃 🛞	114
Rhubarb & custard cones 💔 😵	39
Roasted plum & raspberry	
lollies 🕖* 📭 📴 🛞	39
Strawberry tiramisu 🛡	118
Watermelon ice 🚺 📴 🤫	53

Please always check labels carefully to ensure ingredients meet your dietary requirements, especially if you have an allergy. Our symbols are based on the ingredients listed on the packaging only. Please always check for allergen information such as 'may contain' messages. Ingredients are subject to change after going to press.

- Vegetarian (free from meat and fish)
 Vegan (free from animal-derived products)
- Dairy free (free from milk-derived products)
- Gluten free
- Can be frozen for up to 3 months. Wrap appropriately. Defrost and heat thoroughly before eating. Never refreeze food that has already been frozen.

Ingredients used are from Tesco's core range, unless otherwise stated. We use medium free-range eggs, semi-skimmed milk, unsalted butter and unwaxed fruit. Ingredients marked 'optional' are not included in the cost per serve, reference intakes or dietary symbols. Tesco magazine is not responsible for any recipes included on advertisements.

Reference intakes are printed below recipes. For more information, visit realfood.tesco.com/curatedlist/what-is-healthy.html. Our recipes should be eaten as part of a balanced diet and healthy lifestyle. All nutritional information is checked by a qualified nutritionist. We regret that we are unable to respond to individual nutritional queries.

Prices and availability are subject to change. Due to ongoing uncertainty, prices and availability may be more susceptible to change than usual. Cost per serve is based on the online cost of ingredients (excluding anything unused) at the time of going to press and is subject to change.

Alcohol For more information about responsible drinking, visit

be drinkaware.co.uk



We all want to feel better about our lifestyles, the food we buy, meals we make and packaging we use. So Tesco has created Better Baskets, with value at its heart, as an easy way to fill your basket with better choices every time you shop. Look out for the logo to help you make better choices with Tesco.

What's in store

Everything you need to head outdoors, from grill stars to sweet treats



JAMIE ROBINSON Tesco executive chef, product development

'The holidays are here and quality time with family needs quality food. We have developed essentials to take every summer moment to the next level. like new Fire Pit kebabs and relishes. No meat? No problem! Everyone can enjoy Plant Chef koftas and bangers. Now I just need an ice cream to finish things off - try Tesco Finest tubs for extra decadence.'

to the rainboa



'Offer applies from 26 April 2023 to 24 September 202 Available in the majority of stores. Clubcard/app requ

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£4.50 (£1.13 each).





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Relish 310g, £1.80 (58p/100g)



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Plant Chef 4 Spicy Bean Burgers 454g, £2.05 (45p/100g)

PLANT-BASED BARBECUE FAVES

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Firmly ticking that 'better choice' box are these plant-based bangers and burgers, which are low in saturated fat*, making them a great addition to your barbecue menu. If you're a Clubcard member, look out for 3-for-2 offers on these choices later in the summer.







280g, £2.50 (63p each)

of the best summer sides

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Fire Pit BBQ Baby Corn Skewers 210g, £3 (£1.43/100g)







£1.95 (33p each)

Fun-sized meals

Making your own

pizzas is now even easier - these ready-made 4 Mini Pizza Bases, £1.60 (40p each), cook in 10 mins and are vegan too. Just add whatever toppings you like!

Belly Slices 215g,

£4.50 (£1.13 each)



Opens 12/07/2023. Closes 11:59pm 08/08/2023. UK 18+ only. 23 winners randomly drawn win a £250 Tesco e-Gift Card. In-store redemption only. e-Gift Card terms apply. Email address required to receive Prize. 1 entry per person. Max 1 Prize per household. Standard rate text charges apply. Texts may fall outside any text inclusive packages. Check with your network provider. Full terms and conditions at https://tesco.com/tesco-competitions/. Promoter: Tesco Stores Ltd. Supplier: Weetabix Limited. Administrator: Prizeology Ltd.









Transform pesto-crusted salmon and veg into a flaky pastry tart with these double-duty recipes

> Pesto-crusted salmon with

secones tomorrow's veg & salmon tant

Today's pesto-crusted salman.

Roasted veg & salmon tart p18

RECIPES SOPHIE FOOT PHOTOGRAPHY MAJA SMEND FOOD STYLING KATY GREENWOOD PROP STYLING DAVINA PERKINS

Dinner tonight

PESTO-CRUSTED SALMON WITH ROASTED VEG

Serves 4
Takes 35 mins
Cost per serve £3.55

4 tbsp jarred green pesto 2 tbsp olive oil 1 lemon, zested, ½ juiced ½ tsp paprika 3 large mixed peppers, cut into chunks 2 large courgettes, sliced into 2cm rounds
2 red onions, cut into small wedges
7 tbsp panko breadcrumbs
1½ x 520g pack
4 boneless salmon fillets
325g pack baby plum tomatoes crusty bread or couscous, to

serve (optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Mix 1 tsp pesto, 11/2 tbsp olive oil, the lemon juice and paprika in a small bowl. Put the peppers, courgettes and onions on a baking tray, drizzle over the pesto oil mix and toss to coat well. Roast for 20 mins. 2 Meanwhile, mix the remaining pesto with 5 tbsp breadcrumbs and the lemon zest. Spread evenly over the salmon fillets, pressing down with your fingers. Scatter over the remaining breadcrumbs and drizzle with the remaining olive oil; season. 3 Increase the oven to gas 7, 220°C, fan 200°C. Add the tomatoes to the tray, toss well, then nestle in the salmon fillets. Return to the oven for 8-10 mins until the pesto crust is crispy and the salmon is cooked through and flaky. Set aside 2 of the fillets and 500g roasted vegetables for the tart (right). Serve the rest with crusty bread or couscous, if you like. Allow the reserved fish and veg to cool to room temperature before transferring to a lidded container. Can be stored in the fridge for up to 3 days.

Each serving contains



of the reference intake. See page 9. Carbohydrate 24g Protein 28g Fibre 5g 2 of your 5-a-day; high in vitamin D; high in vitamin C; high in vitamin B12

Lunch tomorrow

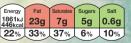
ROASTED VEG & SALMON TART

Serves 4
Takes 20 mins
Cost per serve £2.22

320g pack reduced-fat ready-rolled puff pastry 1 egg, beaten 2 tbsp green pesto 500g cooked leftover roasted summer veg and 2 leftover pesto-crusted salmon fillets (see recipe, left) 10g fresh basil leaves boiled new poatoes and salad leaves, to serve (optional)

1 Preheat the oven to gas 7, 220°C, fan 200°C. Unroll the pastry and transfer to a large baking sheet. Use a sharp knife to score a border 2cm from the edge, all the way around, and brush the border with the beaten egg. Spread the pesto over the pastry within the border, then top with the leftover roasted vegetables. 2 Bake for 15 mins until the pastry is golden and the vegetables are hot. Flake over the leftover salmon fillets and cook for another 5 mins until the fish is piping hot. Top with the basil and some black pepper. Serve with boiled new potatoes and salad leaves, if you like.

Each serving contains



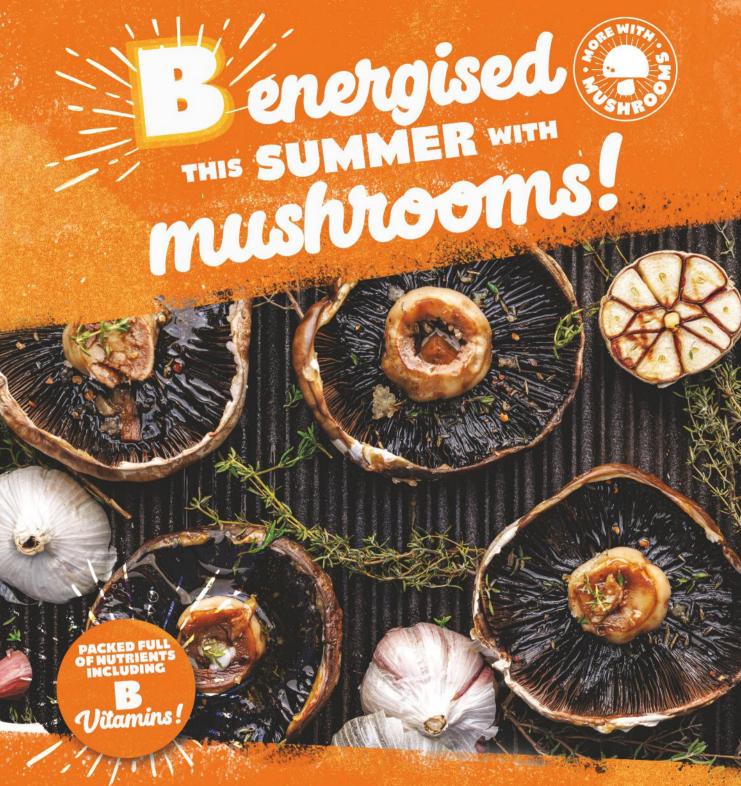
of the reference intake. See page 9. Carbohydrate 36g Protein 20g Fibre 6g

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From BBOs to super salads and summer favourites, you can rely on mushrooms to spice up your tastebuds this summer! As well as being super versatile and tasty, they're also packed full of nutrients, including B vitamins.

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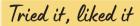
Five reader-approved recipes to see your family through the week













Our tester this month is Becky, who lives with her husband and their two daughters aged four and six. 'We were stuck in a cooking rut and always seemed to have the same meals on rotation,' said Becky.

GET INVOLVED

Want to test one of our family dinner meal plans for four? Email tesco.mag@cedarcom.co.uk for your chance. We really enjoyed having some different meals and new ideas we wouldn't have thought of



THERE'S NO MATCHING A SCRATCHING





CHICKEN NUGGET TACOS

•••••

Serves 4
Takes 35 mins

700g sweet potatoes, scrubbed and cut into wedges 1 tbsp olive oil 20-pack frozen breaded chicken nuggets 1 red onion, finely sliced 1/4 tsp sugar (any kind) 1 lemon, juiced 120g radishes, trimmed and cut into matchsticks 125g cherry tomatoes, quartered 20g fresh coriander, leaves torn 8-pack mini tortilla wraps

1 Preheat the oven to gas 7, 220°C, fan 200°C. Tip the sweet potato wedges onto a baking tray, drizzle over the oil

75ml soured cream

and mix well to coat. Spread out on the tray, then roast for 30–35 mins until golden and tender when pierced with a knife. Put the chicken nuggets on a separate tray and cook above the wedges for the last 10–12 mins of cooking until cooked through and crisp.

2 Meanwhile, put the onion in a bowl with the sugar, a pinch of salt and half the lemon juice. Toss to coat, then leave to pickle at room temperature. Mix the radishes, cherry tomatoes and remaining lemon juice in another bowl. Stir half the coriander through the salsa and put the rest in a small bowl to serve.

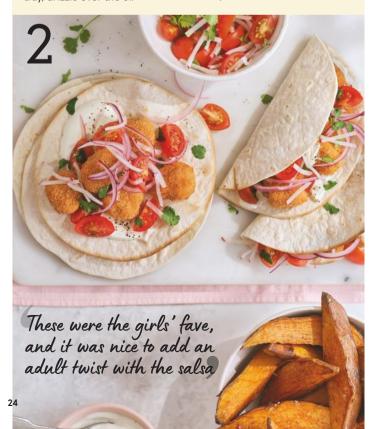
3 When the wedges and nuggets are nearly done, heat the tortillas for 1 min in the microwave, or wrap in foil and place at the bottom of the oven for the last 5 mins of cooking.

4 Stuff the tortillas with the nuggets, pickled red onion, salsa, soured cream and a little coriander, and serve with the sweet potato wedges alongside.

Each serving contains



of the reference intake. See page 9. Carbohydrate 85g Protein 17g Fibre 11g 2 of your 5-a-day; high in vitamin A; souce of vitamin C; source of fibre





CRISPY GNOCCHI WITH CHORIZO & GREEN BEANS

Serves 4 DP
Takes 20 mins

1 tbsp olive oil 8 slices spicy chorizo, cut into strips

500g gnocchi
100g frozen mixed
peppers
½ tsp dried oregano
2 garlic cloves, sliced
220g green beans,
trimmed and halved
½ lemon, juiced
10g fresh coriander,
leaves torn

1 Heat the oil in a large, nonstick frying pan over a high heat. Fry the chorizo for 1 min, stirring frequently, until crisp and the oil has turned red. Scoop out the chorizo onto a plate, leaving the oil in the pan.

2 Add the gnocchi and fry, turning frequently, for 5-7 mins until golden and crisp. Scoop out and add to the chorizo plate. Tip the peppers into the pan along with the oregano; fry for 5-7 mins until softened, then stir in the garlic and fry for 1 min. Add the green beans and 100ml water and fry for another 5 mins until the green beans are tender and the water has evaporated.

3 Tip the gnocchi and chorizo back into the pan; stir in the lemon juice. Scatter with the coriander to serve.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
1258kJ 299kcal	7g	2g	3g	1.2g
15%	10%	9%	3%	19%

of the reference intake. See page 9. Carbohydrate 48g Protein 8g Fibre 5g 1 of your 5-a-day; source of vitamin C

PEPERONATA **TARTS**

Serves 4 🕖 🚥 Takes 45 mins

2 tbsp olive oil 300g frozen mixed peppers 2 red onions, finely sliced 3 salad tomatoes, cut into slim wedges

1/2 tsp dried oregano 2 tsp sugar (any kind) 1 lemon, zested and juiced 320g sheet reduced-fat

ready-rolled puff pastry 40g reduced-salt pitted green olives, drained and halved 600g baby potatoes

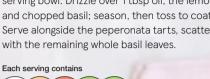
1 Preheat the oven to gas 7, 220°C, fan 200°C and put a baking sheet inside to heat up. Heat 1 tbsp oil in a frying pan over a medium-high heat and fry the peppers, onions, tomatoes and oregano with some seasoning for 15-20 mins, stirring regularly, until everything looks caramelised and jammy. Add 50ml water during cooking if it starts to stick to the bottom of the pan. Stir in the sugar and lemon juice; simmer for another 2-3 mins until sticky again.

2 Unravel the pastry on its paper and cut into 4 equal rectangles. Score each with a 5mm border, then transfer to a board, still on its paper. Spoon the peperonata into the centre of the tarts, spreading out to the borders; scatter with the olives. 3 Carefully slide the tarts on the baking paper to the

hot baking sheet and bake for 15-20 mins until

golden and puffed, and when a corner is lifted the pastry is cooked underneath.

4 Meanwhile, simmer the potatoes in a pan of boiling salted water for 15 mins until tender when pierced with a knife. Drain well and transfer to a serving bowl. Drizzle over 1 tbsp oil, the lemon zest and chopped basil; season, then toss to coat. Serve alongside the peperonata tarts, scattered



22% 27% 33% 12% 13%

of the reference intake. See page 9. Carbohydrate 56g Protein 7g Fibre 9g





5 AUBERGINE PARMIGIANA SUBS

Serves 4 **V**Takes 40 mins

75ml soured cream 50g white baton, blitzed to fine breadcrumbs in a food processor 30g plain flour 21/2 tbsp olive oil 1 aubergine, cut lengthways into 5mm-thick strips (you should get 4-6 strips) 2 garlic cloves, crushed 1 tsp dried oregano 10g fresh basil, leaves picked, stalks finely chopped 400g tin plum tomatoes 1/2 tsp sugar (any kind) 4 white sub rolls 210g ball mozzarella, drained and sliced ½ lemon, juiced 250g sweet & crunchy salad

soured cream in a shallow bowl and stir in 1 tbsp water to loosen. Put the breadcrumbs and flour in 2 separate bowls.

2 Dust an aubergine slice in the flour, coating both sides, then dunk into the soured cream, coating well and scraping off any excess. Transfer to the breadcrumbs and press into both sides until covered. Transfer to a lined baking sheet and repeat with the remaining slices. Drizzle the coated aubergine with 1½ tbsp oil and bake for 20-25 mins, turning halfway, until tender, crispy and golden all over.

3 Meanwhile, heat ½ tbsp oil in a saucepan over a medium heat. Fry the garlic for 1 min, then add the oregano.

3 Meanwhile, heat ½ tbsp oil in a saucepan over a medium heat. Fry the garlic for 1 min, then add the oregano, chopped basil stalks, tomatoes and sugar. Add 50ml water to the empty tomato tin, swirl around and add to the pan; season. Break up the tomatoes with a spoon and simmer for 15-20 mins until thick and saucy.

4 Heat the grill to high. Split the sub rolls and toast, cut-side up, until golden. Once the aubergine and sauce are ready, add half the sauce to the base of the sub rolls. Divide the aubergine slices between the subs, then spoon over the remaining sauce. Add a few slices of the cheese to each and transfer to the grill for 2–3 mins until the cheese is bubbling. Top each with a few basil leaves, then sandwich with the sub roll tops.

5 Whisk the remaining oil with the lemon juice in a large bowl with some black pepper; toss in the salad to coat. Serve alongside the subs.

Each serving contains



of the reference intake. See page 9. Carbohydrate 69g Protein 19g Fibre 8g I was over the moon that the girls enjoyed the aubergine

SHOPPING LIST

4-pack Suntrail Farms lemons 30g pack fresh coriander 30g pack fresh basil 1 large garlic bulb 240g pack radishes 250g pack Nightingale Farms cherry tomatoes 6-pack salad tomatoes 250g pack sweet & crunchy 1 aubergine 220g pack green beans 1kg pack Redmere Farms red onions 1kg pack sweet potatoes 1kg pack Redmere Farms baby potatoes 150ml pot soured cream 210g pack Creamfields mozzarella 320g pack reduced-fat ready-rolled puff pastry 16-pack spicy chorizo slices 8-pack mini white tortilla wraps 4-pack white sub rolls 1 white baton 500g pack gnocchi 14g jar dried oregano 400g tin Grower's Harvest plum tomatoes 340g jar reduced-salt pitted green olives 2 x 120g tins sardines in brine 500g pack frozen sliced mixed peppers 20-pack Hearty Food Co. frozen breaded chicken nuggets

+ FROM YOUR STORECUPBOARD

Olive oil, sugar (any kind), plain flour

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New

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← Notes

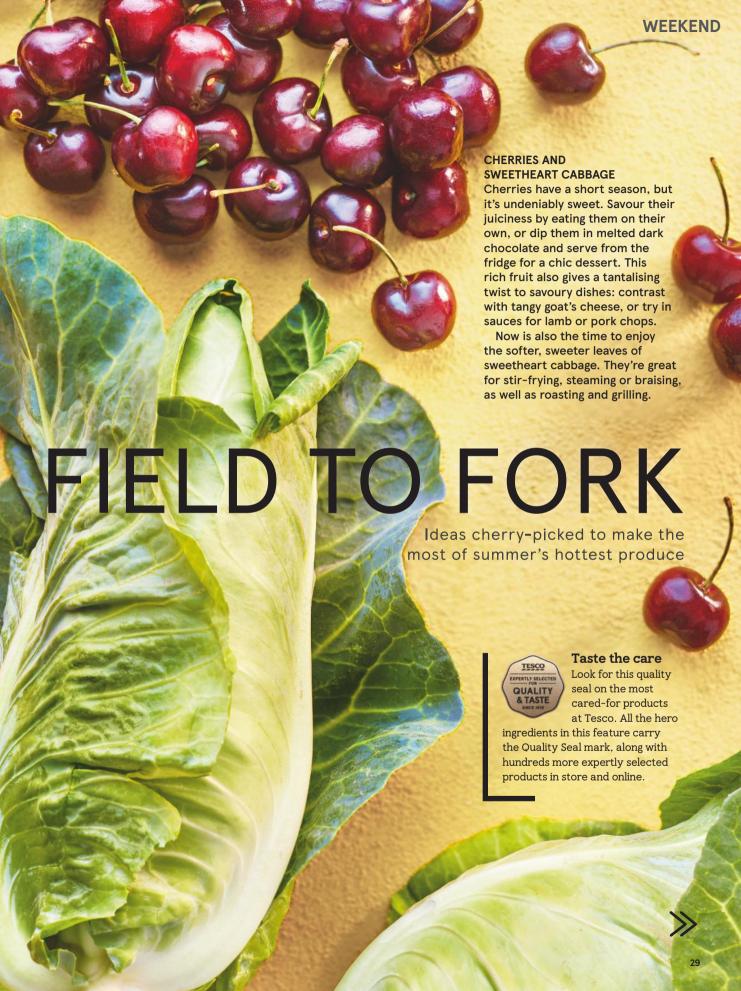
Spain trip 2

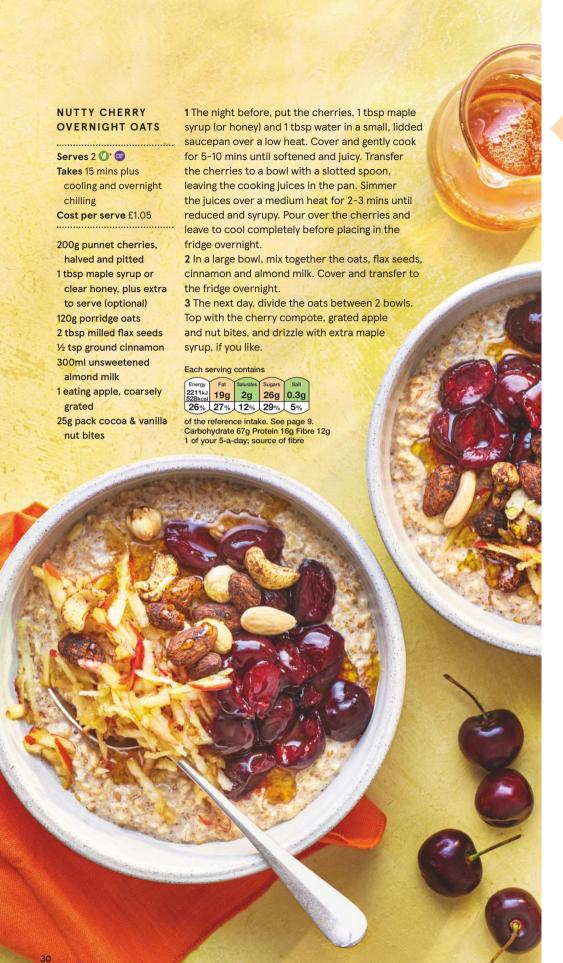
- sandals
- shave big toes
- razor
- get €€€
- pack teabags!!
- roaming fees

No EU roaming fees this year.

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one thing off your list.







MEET THE GROWER



Tom Hulme, managing director at ACH Farming, shares how his team grows fantastic quality treeripened cherries, plums and apricots in Kent.

'British cherries are the king of summer fruit. They're the most sought-after summer fruit grown on our farm and arguably of all those grown in the UK. We grow approximately 20 million cherries each year, which are pollinated by more than 1 million honeybees. Every cherry is handpicked to ensure it is harvested on the right day and is of the highest quality possible. They are grown and delivered to stores through the shortest supply chain possible.'

I've never met anyone who doesn't like eating huge, sweet British cherries!

ROASTED CHERRY & GOAT'S CHEESE TOASTS

Serves 4 🖤 Takes 20 mins

Cost per serve 94p

2 x 200g punnets cherries, halved and pitted

- 4 tbsp olive oil
- 1 tsp clear honey 6 thyme sprigs, leaves picked

- 1 shallot, finely chopped 1 tbsp cider or red wine vinegar
- 1 tsp Dijon mustard
 - 4 slices crusty white bloomer, toasted
 - 125g pack soft goat's cheese
 - 40g walnuts, toasted (optional)
 - 40g watercress, thicker stalks removed

1 Preheat the oven to gas 7, 220°C, fan 200°C. Toss the cherries, 1 tbsp olive oil, the honey and thyme leaves together on a baking tray. Roast for 10 mins or until sticky and tender.

2 Meanwhile, mix the shallot, vinegar and mustard in a small bowl and slowly pour in the remaining olive oil, whisking as you do. Season to taste and set aside.

3 Spread the toast with the goat's cheese, then spoon over the roasted cherries and juices. Scatter over the toasted walnuts, if using. Drizzle over the shallot vinaigrette, then top with the watercress. Season with black pepper, to taste.

Each serving contains

21g 16g 0.8g 409kcal 20% 31% 33% 18%

of the reference intake. See page 9. Carbohydrate 41g Protein 11g Fibre 3g Easy but special lunch

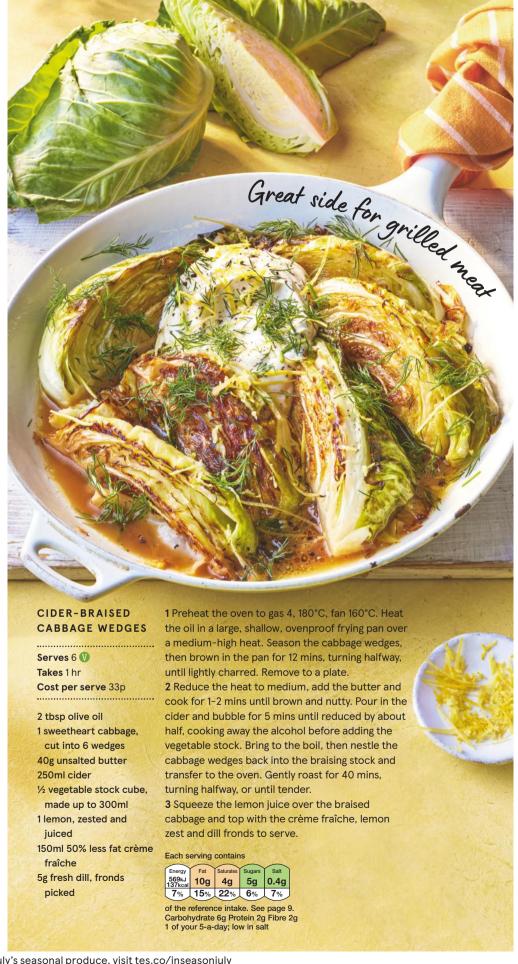
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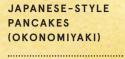


R & K Drysdale has been supplying vegetables to Tesco for over 30 years. Head of commercial John Inglis tells us about their crop.

'Growing in Scotland, our temperate climate creates ideal conditions for brassicas, and the long summer days and rainfall levels are also ideal for cabbage. Our sweetheart cabbage is carefully handharvested and rapidly chilled to preserve freshness. Also known as Hispi or pointed cabbage, it has a distinct shape with its conical head, and the leaves are softer and sweeter than other cabbages. We invest a lot of time and effort in ensuring our sweetheart cabbage is of the highest quality - only the best brassicas deserve a place on your plate.'

I like to spice up cabbage quarters with olive oil, cumin and chilli, then I roast them





Serves 2 V 📭 Takes 30 mins Cost per serve 89p

4cm piece fresh ginger, peeled and finely sliced into matchsticks 1 tbsp rice wine vinegar 1/2 tsp caster sugar 2 eggs 150g plain flour 1 tsp baking powder

3 tsp reduced-salt soy sauce

1/2 sweetheart cabbage, finely sliced (250g)

4 spring onions, finely sliced, white and green parts separated

2 tbsp vegetable oil 1 tbsp clear honey

2 tbsp tomato ketchup 11/2 tbsp lighter mayonnaise

toasted 1/2 red chilli, finely sliced (optional)

1 Mix the ginger, vinegar, caster sugar and a pinch of salt in a bowl. Scrunch together with your hands, then set aside to pickle.

2 Meanwhile, whisk the eggs, flour, baking powder, 1 tsp soy sauce and 150ml water in a large mixing bowl. Lightly season, then stir through the cabbage and spring onion whites to coat in the batter. 3 Heat 1 tbsp oil in a medium nonstick frying pan over a medium heat. Spoon in half the batter, keeping it as circular as possible and patting the mix down in the pan with a spatula. Fry for 6-7 mins until golden underneath, then confidently flip over and cook for another 4-5 mins until golden and cooked through. Tip out onto a plate, then return the pan to the heat with the remaining 1 tbsp oil and repeat with the remaining batter.

4 Meanwhile, mix the honey, ketchup and remaining soy sauce in a bowl to make a dipping sauce. Set aside.

5 Brush the cooked pancakes with the dipping sauce and drizzle over the mayonnaise. Scatter with the pickled ginger, sesame seeds, spring onion greens and sliced chilli, if using. Serve with the remaining dipping sauce on the side.

Each serving contains

5g 35% 46% 24% 22% 29%

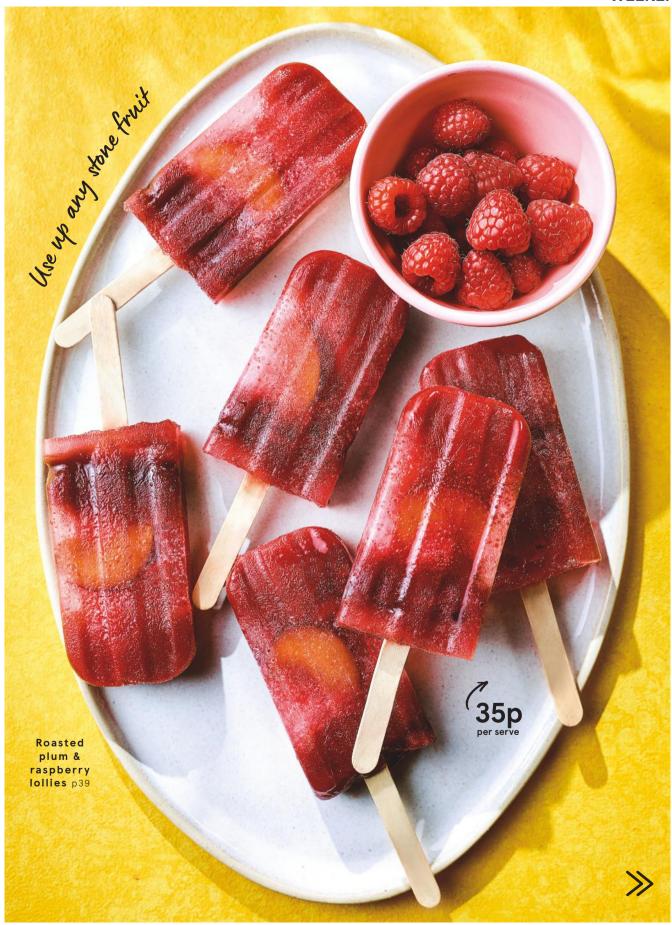
of the reference intake. See page 9. Carbohydrate 77g Protein 21g Fibre 7g













MADE fresh DAILY



RHUBARB & CUSTARD CONES

.....

Makes 10 **① ③** freeze for up to 1 month

Takes 30 mins plus cooling and overnight freezing

Cost per serve 66p

CLEVER SWAP Skip step 1 and use tinned rhubarb: blitz 150g drained rhubarb with 2 tbsp syrup until smooth.

300g rhubarb
150g caster sugar
1 star anise
250ml whipping cream
350ml custard
100g condensed milk
10 waffle cones
5 rhubarb & custard
creams, lightly crushed

1 Put the rhubarb, sugar and star anise into a saucepan with 2 tbsp water over a medium heat. Cook for 12-15 mins, stirring regularly, until the rhubarb has completely broken down and the liquid has thickened slightly. Discard the star anise and leave to cool fully. 2 Whisk together the cream, custard and condensed milk using an electric whisk for 2 mins or until it has the texture of thick custard, then whisk in the rhubarb. Pour into a freezerproof container and then freeze overnight. 3 Scoop the ice cream into the cones and scatter with the

Fach cone contains

Energy	Fat	Saturates	Sugars	Salt
1262kJ 301kcal	14g	9g	30g	0.2g
15%	20%	43%	33%	3%

rhubarb & custard creams.

of the reference intake. See page 9. Carbohydrate 40g Protein 4g Fibre 1g

3-INGREDIENT BLACKCURRANT MILK POPS

Makes 6 V or * freeze for up to 2 weeks Takes 10 mins plus overnight freezing Cost per serve 14p

100g condensed milk 300ml whole milk 60g Tesco Finest blackcurrant conserve 1 Whisk the condensed milk and milk together until well combined. Stir the conserve to loosen, mash any whole blackcurrants with a fork, then spoon 1 tsp into each of 6 x 70ml ice lolly moulds, smearing it up the sides.

2 Mix the remaining conserve with 100ml milk mixture and pour into the moulds; freeze for 30 mins. Pour in the remaining milk mixture.

3 Freeze for 2 hrs until beginning to set, then put ice lolly sticks in the centres. Freeze for 4 hrs, or overnight, until frozen solid.

Each pop contains

П	Energy	Fat `	Saturates	Sugars	Salt `
1	467kJ 111kcal	3g	2g	17g	0.1g
	6%	5%	11%	19%	2%

of the reference intake. See page 9. Carbohydrate 18g Protein 3g Fibre <1g Source of calcium; low in salt

ROASTED PLUM & RASPBERRY LOLLIES

.....

Cost per serve 35p

6 small plums (350g), stoned, 5 halved, 1 sliced into 6 3 thyme sprigs,
leaves stripped and
roughly chopped
(optional)
1 heaped tbsp clear
honey or maple syrup
200ml lemonade or
apple & raspberry
sparkling water
12 raspberries

1 Preheat the oven to gas 6, 200°C, fan 180°C. Put the halved plums and thyme, if using, in a small roasting dish and drizzle over the honey or maple syrup. Bake for 15 mins, then transfer to a jug and blitz with a stick blender. Pass through a sieve and leave to cool completely.

2 Pour half the plum mixture into 6 x 70ml lolly moulds, then transfer to the freezer for 1 hr 30 mins or until just beginning to set. Pour over the lemonade and place a slice of plum and 2 raspberries in each mould. Pop in the freezer for another 1 hr 30 mins until just set on top, then pour over the remaining plum mixture and place lolly sticks halfway in. Return to the freezer for at least 6 hrs, or overnight.

Each lolly contains



of the reference intake. See page 9.
Carbohydrate 10g Protein <1g Fibre <1g
Fat-free; source of fibre









1kg €



STRAWBERRY
CHESECAKE
OVERNICHT OATS

SCAN THE QR CODE FOR THE FULL RECIPE



Take a barbecue must-have from basic to brilliant with these great ideas. We asked Tesco chef Neel Shah for his Indian-inspired take on the sausage in a bun



NEEL SHAH, Tesco development chef

WHAT MAKES A GOOD HOT DOG? 'For me, it's the element of personalisation: fresh herbs, crunchy bits to top and a great choice of sauces.'

WE LOVE THE BOMBAY MIX ON YOUR INDIAN-INSPIRED DOG! 'Thanks – I love combining traditional recipes with Indian flavours. Spiced onions make the difference, and you can control how spicy they are by the amount of chilli you use. They're

ANY TIPS FOR COOKING THE SAUSAGES? 'Put them on a baking tray and coat them with a little vegetable oil, then pop them on the barbecue in the opposite direction to the grills for perfect char marks. Cook for 12 mins, turning every 3 mins.'

simple to make and work a treat!'

WHAT'S ON THE SIDE?
'Whole fresh corn. Barbecue, then brush with melted butter, a squeeze of lime and a sprinkle of hot chilli powder and sea salt.'

TELL US ABOUT THE NEW FIRE PIT RANGE... 'We've really tried to expand on global flavours. I love Chicken Tikka Sizzlers 300g, £3.50 (£1.17/100g) – these taste great and are perfect to have in the freezer!'

INDIAN-INSPIRED HOT DOGS

Makes 4
Takes 25 mins
Cost per serve £1.02

GET AHEAD The mustard can be made up to 5 days ahead – store in an airtight container in the fridge.

60g wholegrain mustard 2 tsp garlic & ginger paste

¼ tsp turmeric

4 x Fire Pit jumbo pork sausages (from a 14-pack)

1 tbsp vegetable oil

½ tbsp cumin seeds 1 red onion, halved and thinly sliced

2 x red chillies, thinly

15g fresh coriander, stems finely chopped, leaves roughly chopped

4-pack Tesco Finest brioche hot dog rolls 80g tomato ketchup 30g Bombay mix (from a 200g pack), lightly

crushed

1 Preheat the grill to medium, or light the barbecue and wait until the flames have died down and the coals are white. Stir together the mustard, garlic & ginger paste and turmeric; set aside.

2 Grill or barbecue the sausages for 12 mins, turning occasionally, until they're browned and cooked through.

3 Meanwhile, heat the oil in a frying pan over a medium-high heat. Fry the cumin seeds for 30 secs, then add the onion, 1 sliced chilli and a pinch of salt. Cook, stirring frequently, for 10 mins or until softened and lightly browned. Remove from the heat and stir through 3/4 of the chopped coriander. Set aside in the pan to keep warm.

4 Lightly toast the hot dog rolls under the grill or on the barbecue for 1 min. Split open, then spread the mustard inside the rolls, add the sausages and spoon over the onions. Drizzle over the ketchup and scatter with the Bombay mix, remaining chilli and coriander.

Each hot dog contains



the reference intake. See page 9. rbohydrate 51g Protein 19g Fibre 5g











Look out for Clubcard Prices on Tesco Finest, Fire Pit and Taste Shack ranges this summer



55 servings per tub



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SCHOOL'S OUT

Make the summer holidays a breeze with these healthier make-ahead lunches, snacks and budget-friendly dinners



BUDGET LUNCHES

Hidden veg and new ways to spruce up family favourites – lunches needn't be boring!

FISH FINGER KATSU WRAPS

......

Makes 4
Takes 25 mins
Cost per serve 60p

8 frozen fish fingers 1 tsp katsu curry paste 1 tbsp lighter mayonnaise 25g 0% Greek-style yogurt

½ lemon, juiced (you need 1 tsp)4 mini white tortilla

wraps
40g lettuce, shredded
½ cucumber, cut into

thin sticks 2 radishes, sliced

1 Preheat the oven to gas 7, 220°C, fan 200°C and cook the fish fingers to pack instructions.

2 Mix the katsu paste, mayonnaise and yogurt with the lemon juice. Spread over the tortillas, then top each with the lettuce, cucumber, radishes and 2 fish fingers. Wrap up and slice in half to serve.

Each wrap contains

Energy	Fat	Saturates	Sugars `	Salt	ı
911kJ 217kcal	7g	1g	2g	0.7g	l
	10%	7%	2%	11%	l
(1170)		170	270	(1170)	,

of the reference intake. See page 9. Carbohydrate 27g Protein 11g Fibre 2g. Source of protein; source of vitamin B12

GREEN FRITTERS

Makes 20 (*)
Takes 20 mins
Cost per serve 9p

1 ball frozen leaf spinach, defrosted, water squeezed out 5g fresh chives, snipped 50g 30% reduced-fat mature cheese, finely grated

1 tsp reduced-fat green pesto

1 large egg 100g self-raising flour 75ml milk 325g tin sweetcorn,

drained

1 tsp vegetable oil pitta, Little Gem lettuce, cucumber and tzatziki, to serve (optional) 1 Put the spinach, chives, cheese, pesto, egg, flour and milk in a food processor, and pulse until smooth and combined. Stir in the sweetcorn.
2 Heat a large frying pan over a medium-high heat and brush with oil. Spoon in 1 heaped tbsp of batter per fritter, to make fritters 6-7cm wide. Cook for 1-2 mins each side until golden, then transfer to a plate and repeat with the remaining batter, adding a little more oil to the pan between batches.

3 Serve the fritters in pittas with shredded Little Gem, sliced cucumber and tzatziki, if you like.

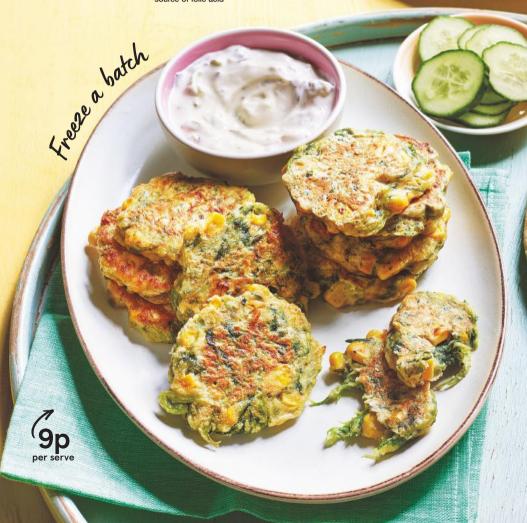
Each fritter contains

Energy	Fat	Saturates	Sugars	Salt
182kJ 43kcal	1g	<1g	1g	0.1g
2%	2%	2%	1%	2%
2%	2%	2%	1%	2%

of the reference intake. See page 9. Carbohydrate 5g Protein 2g Fibre 1g High in protein; source of vitamin C; source of folic acid



Open-freeze the fritters, then put in freezer bags. Defrost before warming through in the microwave to serve.



5 MORE LUNCH IDEAS

1. HAM & EGGS MAYO PINWHEELS Mix fresh pesto with egg mayonnaise; spread over wholemeal wraps. Top with baby spinach and wafer-thin ham, wrap up tightly and slice crossways into pinwheels.

2. TUNA MELT PITTAS

Mix tinned tuna with peas and a little natural yogurt. Spoon over toasted pittas, then top with sliced spring onion and grated cheese; grill to melt. Serve with some crunchy veg.

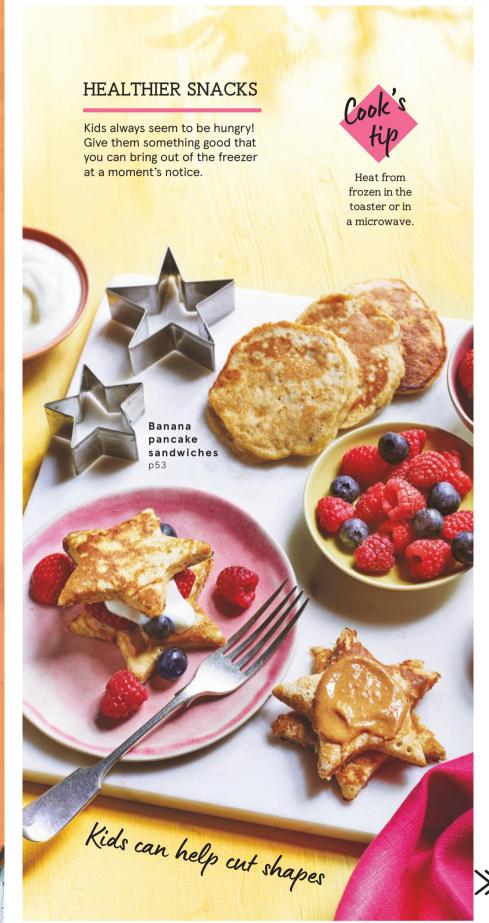
3. BEETROOT & BUTTER BEAN DIP Blitz cooked beetroot and tinned butter beans with a little olive oil, ras el hanout and enough water to loosen. Serve with toasted pitta strips, sliced cucumber, carrot and pepper.

4. FRITTATA FINGERS

Soften onion and garlic in a large frying pan. Beat eggs with peas and halved cherry tomatoes, then add to the pan. Cook for 15 mins, then grill for 5 mins or until set. Slice into fingers; serve with veg and a little soft cheese for dipping.

5. MUFFIN PIZZAS Spread English muffins with passata; top with mozzarella, sliced peppers and cherry tomatoes. Grill until the cheese has melted, then scatter with fresh basil and serve with salad.

Find the full recipes on Tesco Real Food at tes.co/recipes







helps everyone add extra to the ordinary.

BANANA PANCAKE SANDWICHES

Makes 12 ♥ ♣ freeze pancakes only Takes 30 mins Cost per serve 25p

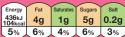
2 ripe bananas (about 200g)
2 medium eggs
100g self-raising flour
1 tbsp milk
1 tsp vegetable oil
50g smooth peanut butter

50g 0% fat Greek-style yogurt

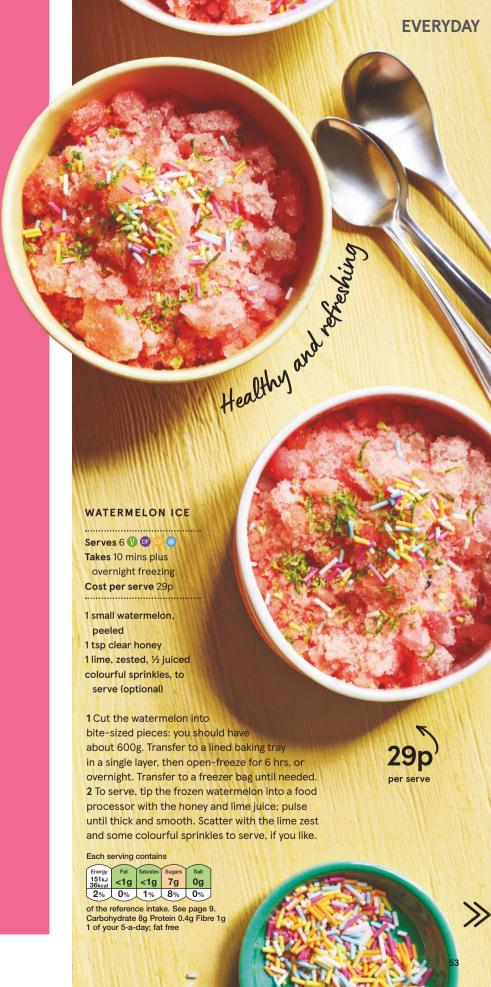
400g mixed summer berries (strawberries, blueberries, raspberries), halved or sliced

1 Mash the bananas in a bowl. Gently beat in the eggs, then whisk in the flour until fully combined. Stir in the milk. 2 Heat a large frying pan over a little oil. Spoon 1 heaped tbsp of batter per pancake into the frying pan to make pancakes side until golden, then transfer remaining batter, brushing the pan with a little more oil between batches. You should get 24 pancakes. At this stage, kids cookie cutters, if you like. 3 Spread half the pancakes with a little peanut butter and the rest with 1 tsp yogurt and some together and serve with the

Each sandwich contains



of the reference intake. See page 9. Carbohydrate 12g Protein 4g Fibre 3g Low in saturated fat; source of fibre; source of protein





Stretch family meals and save time in the kitchen with these clever recipes.

RAINBOW VEGGIE TOAD-IN-THE-HOLE

Serves 4 (1)
Takes 1 hr
Cost per serve £1.27

1 red pepper, sliced 330g pack cherry tomatoes

into 1cm dice

1 courgette, thickly sliced ½ small butternut squash (250g prepared weight), peeled and cut 1½ tbsp vegetable oil
1 tsp smoked paprika
½ tsp dried oregano
6-pack Plant Chef
caramelised onion
meat-free bangers
1 red onion, cut into
wedges
65g plain flour

1 large egg, lightly beaten
125ml milk
mashed potato and
gravy, to serve
(optional)

1 Preheat the oven to gas 6, 200°C, fan 180°C. Put the pepper, tomatoes, courgette and squash on a large baking tray and drizzle with half the oil. Add the smoked paprika and oregano, toss to combine, then roast for 25 mins. Meanwhile, put the bangers and red onion in a deep 20 x 30cm rectangular nonstick baking tin and toss with the remaining oil. Put in the oven for the last 15 mins of the vegetable cooking time.

2 Meanwhile, put the flour in a bowl and make a well in the centre. Whisk in the egg and milk until combined and about the thickness of double cream.

3 Increase the oven temperature to gas 7, 220°C, fan 200°C. Add half the roasted veg to the banger tin (set aside the remaining vegetables to cool: see box, right) and pour in the batter. Quickly transfer the tin to the oven and cook for 15 mins or until golden. Serve with mashed potato and vegetarian gravy, if you like.

Each serving contains

Energy Fat Saturates Sugars Salt 1872kJ 400kcal 18g 2g 14g 1g 20% 26% 11% 15% 17%

of the reference intake. See page 9. Carbohydrate 40g Protein 15g Fibre 6g 2 of your 5-a-day; source of fibre



MAKE IT GO FURTHER

This recipe makes double the roasted veg, to save turning on the oven another day. They'll keep in the fridge for up to 3 days, or can be frozen. Try these easy ideas for leftovers:

ROASTED VEG & GOAT'S CHEESE PIZZAS

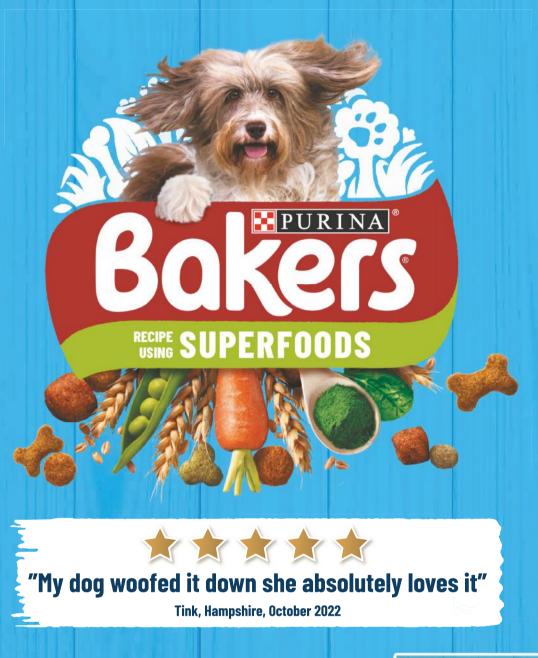
Spread pizza bases with tomato sauce, then scatter with grated mozzarella. Top

with leftover roasted veg, crumbled goat's cheese and fresh basil leaves, then bake until golden.

SPICY HOUMOUS & ROASTED VEG FALAFEL WRAPS

Stir a little chipotle or harissa paste through houmous, then spread over wraps. Top with baby spinach, leftover roasted veg and halved falafel; wrap up to serve.





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HOLIDAY HOT LIST

Put the 'yay!' into staycation with these money-saving holiday tips you'll be happy you tried this summer

WRITE A CHECKLIST

Will bed linen and towels be provided? Does that include beach towels? Check the small print for details of what will and won't be available at your accommodation, and write a list for anything you'll need to pack, as you'll pay extra to get them once you're there! If you're self-catering, check for things like toilet roll, washing-up liquid, dishwasher tablets and laundry detergent, and any kitchen tools you might need.

TAKE UNBREAKABLES If you're travelling with kids or pets, pack some melamine tableware and plastic cups to limit the risk of breaking plates, glasses and bowls at your accommodation. They'll be useful for picnics and eating outside too.

PLAN FOR PICNICS

On that note, pack everything you need for picnics - they're a cost-effective way to eat on the go. As well as a cool bag and ice blocks, useful additions include food storage containers, reusable bottles and a blanket.

CHECK YOUR CAR While it may not directly save you money, making sure your car is ready for a long journey might avoid unplanned costs if something goes

wrong. Checking your tyres are at the correct pressure and your lights all work are good starting points. Top up the screenwash, check the oil and have details of your breakdown cover handy, just in case.

FILL UP FIRST
Fill your tank with fuel before you set off, to avoid the inevitably higher prices at motorway service stations. If you plan to stop for a break, take snacks to avoid the temptation of expensive service-station treats.

SORT YOUR PET PAPERWORK

If you're taking your dog with you, it's a good idea to take copies of their vaccinations and any health records, plus any numbers you can phone for emergency help. If you have Tesco Bank Pet Insurance, you have 24/7 access to veterinary nurses through vetfone, who can help with any dog (and cat) queries, from insect bites to upset stomachs. There's no additional charge for this service and it might save you an emergency trip



Dogs have to be properly secured in the car - it's part of the Highway Code. Look for a harness or a pet carrier that can be clipped into a seatbelt fastening easily and securely.





to the vets. Tesco Bank Pet Insurance is arranged, administered and underwritten by Royal & Sun Alliance Insurance Ltd. vetfone $^{\text{TM}}$ is provided by Vetsdirect Ltd.

MEAL-PLAN... A BIT!

It's easy to overspend on food when you're on holiday: brunch here, ice creams there... While spontaneous treats are all part of the fun, it's useful to have a rough meal plan for the time you're away so you can plan to eat in occasionally. Check out our easy recipes on p61. If you're going to do an online grocery order for delivery at your accommodation, find out first how much you'll be able to get in the fridge and freezer – freezer space is often very limited.

LOOK FOR DISCOUNTS

You probably already know it can be cheaper to book attractions and activities in advance online, but it's also worth asking your accommodation provider if they've negotiated any local discounts for guests. It's not always convenient to visit the local Tourist Information office, so look them up online and see what discounts they can offer.

BUST OUT THE BOARD GAMES
They'll provide free fun in the evenings as
well as something to do on rainy days. If you don't
have enough packing space, check out local

STICK TO A ROUGH BUDGET
When you're not physically buying foreign
currency, it can be trickier to budget your holiday
spending money. So set an approximate daily
budget and aim to keep to it – that might mean

spending money. So set an approximate daily budget and aim to keep to it – that might mean allowing children just one ice cream or treat a day, and choosing between a meal out or an attraction, rather than both daily. Write down your expenses or use a budgeting app on your phone to help you see how your spending is adding up.

Things to pack (not buy there!)

- AN UMBRELLA
 (OR TWO)
- **WATERPROOFS**
- FIRST-AID KIT
- **BEACH TOWELS**
- REUSABLE WATER
 BOTTLES

AND FOR FURTHER AFIELD...

If you're going abroad and haven't sorted your travel insurance yet, make it a priority. If you buy travel insurance direct from Tesco Bank and enter your Clubcard number, you'll get a 10% discount (discount doesn't apply to Later Life cover or add-ons). Plus up to four children aged under 18 are included free on single and

end of your holiday.

annual multi-trip
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Travel Insurance is
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Don't leave it till you get to the airport to buy your foreign currency, as it could cost you more.
Besides, you could

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MAYBELLINE NEWYORK



Water simplified.

£5 off coupon on Page 4



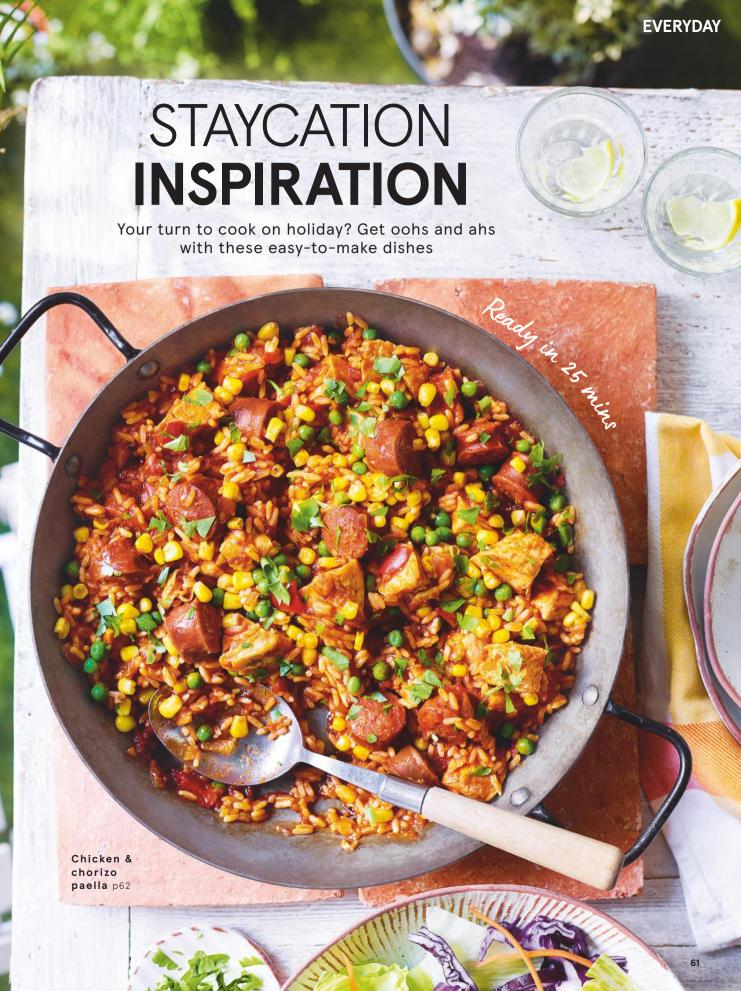
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CHICKEN & CHORIZO PAELLA

.....

1 tsp olive oil 1 onion, finely chopped 125g Tesco Finest Spanish chorizo, cut into 2cm slices 3 ready-to-eat roast chicken breasts, cut into 2-3cm pieces 500g jar Spanishinspired cooking sauce 100g frozen peas, defrosted 175g frozen sweetcorn, defrosted 2 x 250g pouches longgrain microwave rice 10g fresh parsley, roughly

chopped

<#X#>

250g pack sweet &

crunchy salad, to serve

1 Heat the oil in a large, lidded saucepan over a medium heat. Fry the onion for 1 min, then add the chorizo and cook for 5-8 mins until the onion is soft and the chorizo is cooked through. Stir in the chicken and cook for 2-3 mins to coat and warm through.

2 Add the Spanish cooking sauce and bring to a simmer. Stir in the peas and sweetcorn, cook for 3 mins, then add the rice. Stir well; cook for 5 mins or until piping hot.

3 Remove from the heat, cover and leave the dish to stand for 5 mins so the rice can absorb the flavours. Scatter over the parsley and serve with salad leaves.

Each serving contains

þ	Energy	Fat	Saturates	Sugars	Salt
ì		04	7	4.4	2-
b	2500kJ 596kcal	24g	/g	14g	3g
h	30%	35%	37%	16%	43%

of the reference intake. See page 9. Carbohydrate 55g Protein 35g Fibre 9g

SAUSAGE & KALE CANNELLONI

Serves 4 *
Takes 1 hr
Cost per serve £2.24

GET AHEAD Make the sausage and kale filling up to 1 day ahead and store in the fridge.

6 reduced-fat pork sausages 180g pack curly kale 250g tub ricotta 30g pack fresh basil. roughly chopped 8 fresh lasagne sheets 500g carton garlic & herb passata 75g reduced-fat mozzarella 50g stale bread, blitzed to crumbs (or 50g dried breadcrumbs) 1 tbsp olive oil 80g pack watercress, spinach & rocket, to serve

1 Remove the outer casing from the sausages and break into olive-sized chunks. Heat a frying pan over a medium-high heat and fry the sausage meat in 2 batches for 4-5 mins each until browned. Transfer to a large bowl and set aside to cool to room temperature.

2 Meanwhile, blanch the kale in a saucepan of simmering water for 4 mins. Drain, rinse with cold water and drain again. When cool enough to handle, finely chop. Stir into the sausage meat with the ricotta and half the basil.

3 Lay the lasagne sheets out in a large colander in the sink. Pour over a kettleful of boiling water, set aside for 2 mins until softened, then run under cool water and separate the sheets. Lay the sheets on a board or surface. Preheat the oven to gas 6, 200°C, fan 180°C.

4 Pour a third of the passata into a deep 20 x 30cm ovenproof dish. Divide the sausage mixture between the lasagne sheets, roll up tightly lengthways and fit snugly into the dish, seam-side down. Pour over the remaining passata and spread evenly over the pasta.

5 Tear chunks of mozzarella and scatter over the cannelloni, along with the remaining basil and the breadcrumbs. Drizzle with the olive oil. Bake for 25-30 mins until the pasta is cooked and the top is golden brown. Serve with the salad leaves.

Each serving contains



of the reference intake. See page 9. Carbohydrate 49g Protein 31g Fibre 6g





ISLA NEGRA



A bright white wine bursting with aromas of grapefruit, lime and gooseberries. Dry with a crisp and refreshing finish. Perfectly paired with seafood and salads.

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Sips, tricks and money-saving ideas for summer PEACH MELBA MARGARITA, p66 Unwind with our pretty cover star - a summery salute to seasonal fruit BEERS · WINES · SPIRITS · COCKTAILS

Add to basket

Highlights from the aisle to get excited about, from new launches to great-value buys for brilliant get-togethers

NEW FOR SUMMER

Give your drinks cabinet a makeover with these upgrades

Introducing the lighter way to savour your after-dinner digestif. This has all the velvety feel of Baileys – with dairy cream swirled into Irish whiskey and hints of rich cocoa and vanilla – but 40 per cent fewer calories. Baileys Deliciously Light 70cl, £16.50 (£23.57/ltr). 0.81 units and 94kcal/50ml serve (188kcal/100ml)

Spice up your life with this smooth new blend of aged rum, pineapple, coconut and coconut blossom syrup, with vanilla and cinnamon. Enjoy it neat over ice or as a tangy upgrade on a rum and cola. Bacardi Caribbean Spiced 70cl, £24 (£34.29/ltr). 1 unit and 58kcal/25ml serve (232kcal/100ml)





PEACH MELBA MARGARITA

Serves 2 (V) op op Takes 10 mins

2.9 units and 238kcal per drink (156kcal/100ml)

Brush ¼ tsp honey on the rim of 2 glass tumblers. Put ¼ tsp Tesco Finest Himalayan pink salt or sea salt in a saucer and dip the rims into the salt so it sticks to

the honey. Fill the glasses with ice cubes. Put 8 raspberries in a cocktail shaker and muddle to release the juice. Pour 100ml tequila, 50ml peach schnapps and 40ml lemon juice into the cocktail shaker with more ice (if you don't have a shaker, use a large, clean jam jar with a well-fitting lid). Shake well, then fine-strain into the glasses. Garnish each with a slice of

peach or nectarine and a raspberry. For more serves, double the ingredients and make in a blender with 50ml water. Pulse just once or twice to mix – not purée – everything. Taste and add water as needed.

Each serving contains

Energy	Fat	Saturates	Sugars `	Salt
995kJ 238kcal	0g	0g	18g	0.8g
12%	0%	0%	20%	14%

of the reference intake. See page 9. Carbohydrate 18g Protein 0g Fibre 1g



GOLDEN YEARS A beer that celebrates its past Belgium's Notre-Dame de Leffe has welcomed visitors since 1240 with a glass of its home brew - usually a healthier option than water in those days. It's a rich heritage to ponder as you enjoy this abbey beer's crisp taste, bold malty aroma and smooth finish. Leffe Blonde 4 x 330ml, £5.50 (42p/100ml). 2 units and 176kcal/330ml serve (53kcal/100ml)

RAISE A GLASS

Sunny party partners

Perfect to pop open for alfresco aperitifs or to toast a special moment. this fine fizz has a taste to match its roots in northern Spain, Rich orchard fruits combine with fresh vibrant citrus to create a balanced yet complex cava. Segura Viudas Brut Vintage Premium Cava, £12. 1.5 units and 84kcal/125ml serve (67kcal/100ml)

This keenly priced, crowd-pleasing lightly sparkling perry has a fun new look for summer. It's also as fruity as ever, infused with pear and containing no added sugar. Start your party with it straight up over ice, or try a cooling spritz by mixing in passion fruit juice and ice. Lambrini Original 1.25ltr, £3.65 (29p/100ml). 0.8 units and 80kcal/125ml serve (64kcal/100ml)





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Perfect pours

Champers for less and a red for under a fiver. Here's to good times and the bottles to match

UNDER £25 LOVELY BUBBLY There's nothing quite

like Champagne when a big celebration is on the cards. With its fine bubbles and hints of citrus, green apple and brioche, this elegant but walletfriendly fizz hits the spot. Tesco Finest **Premier Cru Brut** Champagne, £25. 1.57 units and 86kcal/125ml serve (69kcal/100ml)

UNDER £10 IN THE PINK

This Argentinian rosé is an excellent choice for barbecues, but it's equally good as a slow sundown sip. It's soft and dry, with red fruit aromas and the juicy flavours of peach, red berry and hints of lychee.

Tesco Finest Malbec Rosé, £8. 1.68 units and 97kcal/125ml serve (78kcal/100ml)

UNDER £10 WHITE MAGIC

From New Zealand's east coast comes this Pinot Grigio with bags of personality, and pleasing notes of white peach, spiced pear and honeysuckle. It's a great match for a charcuterie board or spiced Asian cuisine. Wairau Cove Pinot Grigio, £7.75. 1.5 units and 88kcal/125ml serve (70kcal/100ml)

UNDER £5

There's a lot to love about this smooth Italian red, from the flavours of red fruit, wild summer berries and a hint of spice on the finish, to its price tag... Best pre-chilled when it's hot outside. Piccodoro Sicilian Rosso, £4.25. 1.5 units and 85kcal/125ml serve (68kcal/100ml)











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*T&Cs apply: 18+, UK residents. To enter, scan the QR code on pack or go to coors.io.tt/winwithcoors/uk, register your details and last 4 digits of your barcode for the chance to win 1 of 10 trips for 2 people to Snowbombing Festival 2024 in Austria or 1 of 1,000 Bluetooth® speakers. Snowbombing prizes won instantly via winning moments. All speaker prizes are available but may not be won, prizes allocated via algorithm, estimated chance of winning is 1 in 4,700. Promotion opens 26.06.23 and closes 30.09.23. Wrap up prize draw 01.10.23 to 30.11.23 for chance to win 1 x Snowbombing trip for 2 people. Snowbombing prize includes return economy flights from a London or

Dublin airport, 3 nights' 4-star accommodation in central Mayrhofen on a B&B, sharing basis, ski/snowboard rental and lift passes for 2 days and VIP Festival wristbands for fast-track entry and access to VIP areas/bars. Passport/visa arrangement/vaccinations and any associated costs are the responsibility of the winner and their guest. Internet access and valid email address required. Max. 1 entry per person per day. See coors.io.tt/winwithcoors/uk for further prize details, dates and full T&Cs. RETAIN RECEIPT.

Rum in the sun

Time to go totally tropical and shake things up with this summer's spirit du jour – cocktail umbrellas optional

THREE OF A KIND

Made from distilled sugar cane, rum comes in a variety of styles. Here are three of the most popular, with some serving suggestions:

SPICED RUM

The basics

This refers to any rum that's had flavours or spices added, like cinnamon, vanilla or orange peel.

Best mixers

Ginger ale adds a fiery taste, or switch it up by adding a shot to coffee or hot chocolate for extra spice.

WHITE RUM

The basics

Usually distilled for shorter periods in stainless-steel tanks to stay clear, white rum is a versatile base for any number of summery cocktails.

Best mixers

Cola is the classic, but try pineapple juice or coconut water for a twist.

DARK RUM

The basics

The rich, darker colour often comes from long ageing times spent in charred oak barrels, which creates an intense caramel taste.

Best mixers

Sip neat, over ice, or top up with tonic for a longer drink.

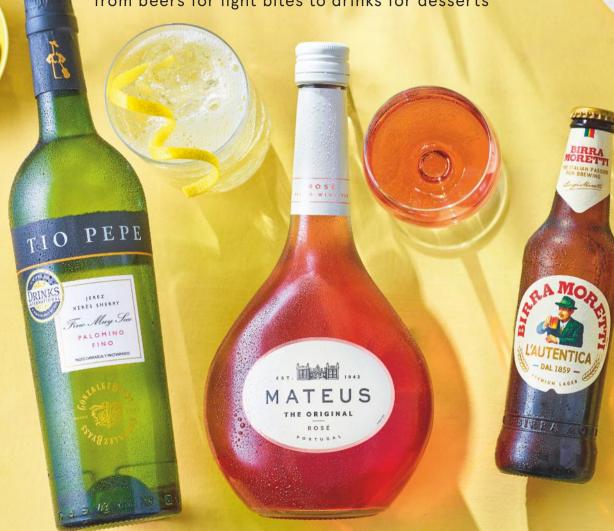






Stepping out

Get ready to dine outdoors with our lovely lineup, from beers for light bites to drinks for desserts



This elegant dry sherry is Spanish sunshine in a bottle. Enjoy its bright, citrussy notes in this summer's on-trend spin on the G&T – with tonic, ice and a twist of lemon peel. Tio Pepe Fino 75cl, £11.50 (£15.33/ltr). 0.75 units and 42kcal/50ml serve (84kcal/100ml)

TRY IT WITH...

...bowls of olives and salted almonds, or a platter of jamon, chorizo and Manchego. One of a kind, this is the original rosé wine from Portugal, which celebrated its 80th birthday last year. Its distinctive bottle shape is unchanged, as are its bright hue, light sparkle and strawberry notes.

Mateus Rosé, £6. 2 units and 124kcal/175ml serve (71kcal/100ml)

TRY IT WITH...

...flaky fish, crispy seafood, grilled vegetables or halloumi and sharply dressed summer salads. If you're having a relaxed lunch or aperitivo, this well balanced lager, with its blend of quality hops, citrus notes and clean aftertaste, is a crowd-pleasing choice. Birra Moretti L'autentica' 12 x 330ml, £17 (43p/100ml). 1.5 units and 122kcal/330ml serve (37kcal/100ml)

TRY IT WITH...

...an Italian-style spread of focaccia, cured meats, peppers, artichokes and creamy mozzarella.



The sunset-red colour of this fruity little number is testament to its juicy abundance of strawberries, raspberries and blueberries. Old Mout Cider Berries & Cherries 500ml, £2.45 (49p/100ml). 1 unit and 135kcal/250ml serve

TRY IT WITH...

...quiche, cooked ham, pâtés and pork pies. It also works nicely with a cheeseboard. Unmistakably Australian, this new launch is boldly fruity with notes of ripe peach, apricot and nectarine. Keep it chilled and enjoy it outside when the temperatures rise.

Yellow Tail Jammy White Roo,
£7.25. 1.4 units and 93kcal/125ml

serve (74kcal/100ml) TRY IT WITH...

...whatever arrives fresh off the barbecue. Its crisp taste also makes it great with crisps and dips. A raspberry twist on that Sex and the City classic, all you need to do with this expertly premixed, bar-quality cocktail is shake with ice and pour. Tails Raspberry Cosmopolitan 50cl, £15 (£30/ltr). 4 units and 174kcal/125ml serve (139kcal/100ml)

TRY IT WITH...

...a soft cheese, or go full dessert decadence with macarons, tartlets or griddled fresh fruit.



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Canned cocktails mean alfresco fun with none of the faff, and a low-cost way to try something new

1 If booze isn't on your agenda, you won't miss out with this alcohol-free drink made with the same signature botanicals as Gordon's gin. It's combined with sweet raspberries and redcurrants, all topped up with lemonade. Gordon's 0.0% Pink & Lemonade* 4 x 250ml, £5.50 (55p/100ml). 0 units and 8kcal/250ml serve (3kcal/100ml)

2 Rum cocktails are in, especially when they're portable. Crushed strawberry juice and tart lime mingle with the base rum's sweet and spicy notes for a smoothtasting daiquiri every time. Captain Morgan Strawberry Daiquiri 250ml, £2.40 (96p/100ml). 1.3 units and 203kcal/250ml serve (81kcal/100ml)

3 Spritz fans will love this exotic-tasting drink made with real fruit juice. Its crisp blend of alcoholic sparkling water with zesty lime and sweet guava is the perfect introduction to Corona's ready-to-drink range. Corona Tropical Guava & Lime 330ml, £2.75 (83p/100ml). 1.5 units and 96kcal/330ml serve (29kcal/100ml)

4 A classic Piña Colada premixed to bartender quality and ready to drink? We're in. The Caribbean hero of this silky blend is Duppy Share rum, carried by notes of tropical fruit, sugar cane and botanicals. MOTH: Piña Colada 200ml, £3.90 (£1.95/100ml). 2 units and 233kcal/200ml serve (116kcal/100ml)

5 Pop this twist on a classic in your cool bag. It's a ready-to-drink blend of the vibrant juniper notes of Bombay's distinctive dry gin with an infusion of Mediterranean lemons and soda water. **Bombay Citron Pressé Citrus Collins** 250ml, £2.50 (£1/100ml). 1.6 units and

132kcal/250ml serve (53kcal/100ml)



Movers 'n' shakers

Long evenings, weekend get-togethers... whatever you're celebrating, there's a cocktail to match. And with up to 28 drinks possible from one bottle, a little goes a long way

The any-fruit pitchen

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odge whilst the real gripper warms the relate.

RHUBARB & GINGER GIN

11.3%WL SINCE 1762

PINOT GRIGIO

Pink Sangria, p78

Rhubarb & Ginger Gin Spritz, p78



Serves 1 Takes 5 mins
2.4 units and 144kcal per drink
(106kcal/100ml)

Fill a large wine glass (we used a stemless one) with large ice cubes. Pour over 50ml Whitley Neill Rhubarb & Ginger Gin, 50ml cloudy lemonade and 25ml prosecco, then stir briefly to combine. Garnish with a twist of lemon and a slice of ginger.

Each serving contains



of the reference intake. See page 9. Carbohydrate 3g Protein <1g Fibre 0g

Whitley Neill Rhubarb & Ginger Gin 70cl, £28 (£40/ltr), is a perfectly balanced infused gin. Packed with flavours both exotic and homegrown, from the familiar tartness of rhubarb to the fire of ginger, it brings a touch of heat to our summery spritz.

PINK SANGRIA

Serves 6 🕖 📴 📴

Takes 10 mins plus 1 hr steeping
1.1 units and 82kcal per drink (41kcal/100ml)

.....

COOK'S TIP Swap the fruit for whatever you have available, and use fresh and frozen citrus, orchard fruits and berries.

Put 1 chopped apple, 1 orange, sliced into half-moons, and 6 raspberries in a large jug. Pour over 50ml pink lemonade and ½ tsp cinnamon. Stir well and leave to steep in the fridge for 1 hr. Pour in 75cl bottle Tesco Finest Pinot Grigio Blush and a further 300ml pink lemonade. Stir and serve in glasses filled with ice cubes.

Each serving contains



of the reference intake. See page 9. Carbohydrate 5g Protein 1g Fibre 1g

Tesco Finest Pinot Grigio Blush, £7, is a dry, fruity rosé from the Dolomiti area of northern Italy. It boasts floral aromas, crisp peach flavours and strawberry notes, making it the perfect base for our fruit-filled Pink Sangria.

FROZEN PALOMA

Serves 4 **7 P G** Takes 5 mins

1 unit and 135kcal per drink (55kcal/100ml)

Run a lime wedge around the rims of 4 tumbler glasses. Put 1 tbsp flaky sea salt on a saucer and dip the rims in it. Put 100ml Kah Tequila Blanco, a 411g tin ruby red grapefruit in juice, the juice of 1 lime, 350-400g ice cubes, and 40-50ml sugar syrup (see tip on p71) in a blender suitable for crushing ice*. Blitz until smooth and slushy, then pour into the glasses. Garnish each with a lime wedge.

Each serving contains



of the reference intake. See page 9. Carbohydrate 19g Protein 1g Fibre <1g

Kah Tequila Blanco 70cl, £35 (£50/ltr), is double-distilled and un-aged to ensure flavour harmony – initially sweet, it follows up with delicate peppery notes. Kah means 'life' in Mayan and this 100% blue agave tequila is well named, adding a kick to our ice-cool cocktail.

WILDGARDEN CUP

Serves 1 1 1 1 1 Takes 5 mins

2.2 units and 214kcal per drink (76kcal/100ml)

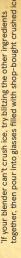
Fill a highball glass with ice cubes and pour in 50ml Hendrick's Flora Adora Gin, 25ml lemon juice and 25ml sugar syrup (see tip on p71). Stir, then top up with soda water and stir gently once more to mix. Add in the leaves of 1 mint sprig, 3 raspberries and 2 cucumber ribbons (cut using a vegetable peeler). Add a couple more ice cubes as the drink settles.

Each serving contains



of the reference intake. See page 9. Carbohydrate 23g Protein 0g Fibre 1g

Hendrick's Flora Adora Gin 70cl, £30 (£42.86/ltr), is inspired by the flowers most loved by butterflies and bees. With the gin's signature rose and cucumber foundation complemented by its herbal character and a luscious floral infusion, it's perfect for garden get-togethers.





Tutti frutti

Get the juice on this season's on trend fruit-flavoured spirits



ZEST IS BEST

Zinging with freshly squeezed flavour, this citrussy spirit is a finely tuned balance of Mediterranean lemons with the vibrant juniper notes of Bombay's signature gin. Bombay Citron Pressé 70cl, £24 (£34.29/ltr). 1.9 units and 70kcal/30ml serve (233kcal/100ml)

> TRY IT WITH... tonic, ice and lemon slices to garnish.



BERRY PICK

This aromatic tipple is a masterful infusion of premium vodka with a distinctive blend of wild and summer berries. It's gluten-free too, made with grapes not grain. Cîroc Red Berry 70cl, £40 (£57.14/ltr). 0.93 units and 56kcal/25ml serve (224kcal/100ml)

TRY IT WITH... cherry cola and ice - then add a cherry or two.



SUNSET STAR

Savour a taste of the Mediterranean in the bright, zesty aromas of Sicilian oranges that make this handcrafted gin so unique. Whitley Neill Blood Orange Gin 70cl, £28 (£40/ltr). 1.03 units and 62kcal/25ml serve (248kcal/100ml)

TRY IT WITH... fresh lime, grapefruit juice and ice; top with a blood orange wheel and thyme.

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TREND

Sober-curiosity is on the rise, and with it comes an increasing range of alcohol-free alternatives that don't compromise on flavour. So you get all the taste but none of the booze – cheers to that!

THE BEER

The alcohol is removed from this stout in a way that retains the same velvety flavour of Guinness Draught and ensures the unique balance of malt, hops and barley remains.

Guinness 0.0%
4 x 440ml, £5
(28p/100ml). 0 units and 75kcal/440ml serve (17kcal/100ml)

THE WINE

Perfectly cool company for a lunch or barbecue, this alcohol-free Pinot Grigio is packed with the fresh and fruity aromas of citrus and pear, with a crisp, balanced finish – and features the quirkiest label in store!

Not Guilty Pinot

Grigio**, £5. 0 units and 48kcal/250ml serve

(19kcal/100ml)

37%

of UK adults drink alcohol-free alternatives at home once or more a week*

THE SPIRIT

Contains all the delicate signature botanicals and complex character you'd expect from Tanqueray, but without the alcohol. Enjoy its citrussy and juniper-led profile with tonic. plenty of ice and a wedge of lime as a stand-in for your usual G&T, or try it in a range of alcohol-free cocktails. Tanqueray 0.0% 700ml, £17.50 (£25/ltr). 0 units and 6kcal/50ml serve (12kcal/100ml)



Final touches

Got leftover fruit to use up? Create some citrus garnishes with these clever ideas

GETTING STARTED

Garnishes are a great way to use up older or half-used fruit. Room temperature citrus is easiest to shape, so take your fruit out of the fridge an hour before it's needed.

WEDGES AND WHEELS

Start simple. For a wedge, top and tail your fruit, slice in half lengthways and place, cut-side down, on a board. Slice at an angle into three wedges and cut a slice in the flesh so it slots over the rim of the glass. For a wheel, cut your citrus in half widthways and slice into 5mm rounds. Tuck a few into your glasses for a pretty effect. Get ahead by freezing wedges and wheels in a single layer, then adding to a freezer bag.

FANCY FINISHES

Twists are an affordable way to add luxury. Take your citrus wheel, make one cut into the centre and cut away the flesh so you're left with skin and enough pith to hold the shape. Twist the peel and hold, or wrap around a chopstick or straw for a spiral decoration.

£108 MILLION

worth of orange and other citrus is wasted each year in the UK* Why?

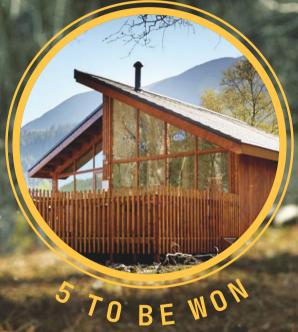
Experiment
beyond lemons
and limes. Switch
to grapefruit in
your G&T or
add an orange
wheel to your
rum and cola.



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Beating the heat

When the temperature rises, how can we keep cool and enjoy the sun safely? We asked an expert



DR TESH AMARASINGHEis an experienced London-based GP and wellbeing specialist . (doctortesh.com)

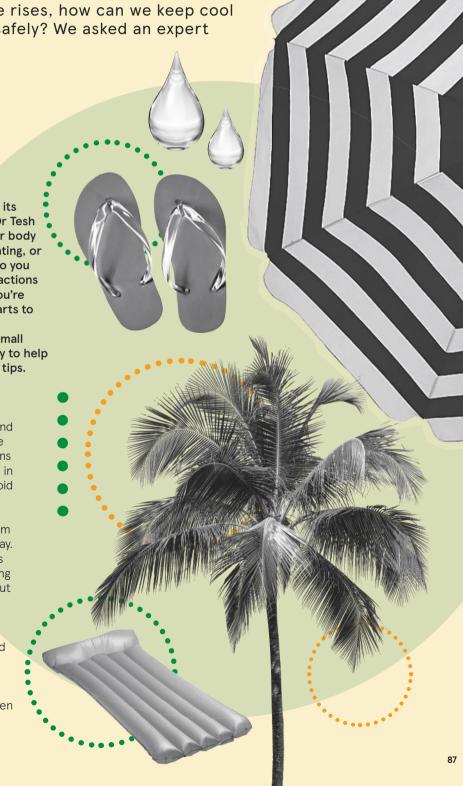
ow does your body control its temperature in the heat? Dr Tesh Amarasinghe explains: 'Your body has cooling mechanisms like sweating, or switching on your "thirst signal" so you drink water.' But these natural reactions can only cope with so much. 'If you're too hot for too long your body starts to struggle, which can lead to heat exhaustion [see Get help, p88],' Small lifestyle changes can go a long way to help you keep cool. Read on for Tesh's tips.

Plan to stay cool

Staying out of direct sunlight is the first step to prevent overheating - and that doesn't just mean when you're outside. Indoors, especially in rooms you're not using, close the curtains in the day to keep the sun out and avoid opening windows until the evening when you can bring cooler air in.

Drinking lots of fluids is key, so aim for six to eight glasses of water a day. And don't neglect your electrolytes (salt and minerals). Drinks containing these - such as cow's milk*, coconut water and sports drinks (although) the latter can be high in sugar) help replace the minerals you lose from sweating. Avoiding alcohol and limiting caffeine also helps.

Remember your fridge can do more than chill food. Pop your moisturiser in there so it's cold when you apply it. You could even keep



If your home is too hot, are there public spaces you can hang out in? Head to the library or your nearest Tesco café, for example. On the move? Swap your backpack for a tote that won't cling to your body, and carry a bottle of ice-cold water – you can also roll this over your pulse points for a welcome cooling effect.

If you're still too hot, Tesh suggests, 'Take off as much as you can, especially tight clothing and socks.' A cold shower can help or, if you're out, put a cold, damp cloth or flannel on the back of your neck.

Keep an eye on your family

Look out for vulnerable people who may need extra help to handle the heat, such as those who are pregnant, elderly or have chronic health issues. Head to the NHS website (nhs.uk) for specialist advice on staying safe when it's hot. Little ones also have a lower tolerance to heat. 'Avoid taking children out in the sun, especially from midday to mid-afternoon,' says Tesh, adding, 'Babies should be kept out of direct sun completely.' When it comes to your kids' summer

wardrobe, those little T-shirts are cute, but long-sleeved cotton tops do a better job of keeping the sun off their delicate skin. Dress them in light-coloured clothes and pop on a wide-brimmed hat. It's also a good idea to smother them with sunscreen before you get them dressed – it all helps. Create shade over the buggy with a clip-on umbrella or sunshade rather than using a blanket – it will only trap heat.

There are few things worse than the combination of a hot night and a baby struggling to sleep. To help little ones drift off, give them a lukewarm bath before bed, dress them in breathable fabrics and use a thermometer in their room to help you make sure it stays at 16-20°C*.

If you have furry friends, national pet charity Blue Cross has advice. 'Walk your dog during cooler times of day,' they suggest. And be mindful of the pavement's temperature. 'As a rule, if it's too hot for your hand, it's too hot for paws.' Did you know light-coloured dogs and cats, and those with sparse hair coats, can get sunburnt? Apply a pet sunscreen (check with your vet first). But the most important thing is to keep them out of direct sun and make sure they always have access to water.

Summer staples

As Baz Luhrmann said, 'Wear sunscreen!'. Tesh says, 'I always recommend you use it, even if you have darker olive, brown or black skin. Having darker skin only gives you a little bit of extra protection against sun damage.' Be mindful of places you often miss, like the neck, around the eyes, lips, ears, scalp, hands and feet. 'These tend to be the places I most often see moles appear on patients,' says Tesh. Both



adults and children should use SPF30 (UVB protection) or above and apply 20-30 minutes before going into the sun, to give it time to soak in. Reapply at least every two hours, or straight away after swimming, towelling dry or sweating a lot - even if your sunscreen is marked waterproof. Did vou know sunscreen can expire? 'Most have a shelf life of two to three years,' says Tesh. 'But it can go off quicker if the bottle is left out in the sun.' Finally, check your sunnies. Fashion sunglasses might look stylish, but many won't protect your eyes from the sun's rays. Pick a pair that has a CE mark UV400 label or offers 100% UV protection**.

Get help

Seek medical advice if you think you have heat exhaustion this is where your body temperature rises to (or, with heatstroke, exceeds) 40°C. Tesh says signs could include 'feeling sick, headaches, sweating excessively, feeling faint or having cramps'. Call 111 for advice and, if symptoms don't improve within 30 minutes, you may need to call 999. Symptoms of heatstroke extend to vomiting, feeling confused or agitated, a severe headache, breathing changes, or skin feeling hot, wet or very dry. 'If someone has these sorts of symptoms, get them into a cool, dark area,' says Tesh. 'Put them in the recovery position, stay with them and call 999.'

2 TBSP

of sunscreen is the minimum you should use to cover your body when in a swimsuit, according to Tesh















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TOP OF THE CLASS

Brighten up their new school routine with stationery they'll love to keep neat and tidy all term long





GOOD TO GO

These lunchbags (right) have a special antibacterial lining that reduces how many stains and smells are absorbed, while also making them easy to wipe clean – a double win! Perhaps the best bit about going back to school is fab new stationery. Look out for Clubcard offers across the range.





LEFT Stay Magical Stationery Set Bag, £14; Zebra 30 Pen Set With Pen Holder, £20 RIGHT Smash Heart Combo, £8.50; Smash Football Combo, £8.50 BELOW Pukka Planet Cork Pencil Case, £6; Merriment A4 Notebook,£3.50; Merriment Stationery Set (includes 2 notebooks, case and pencils), £8; Pukka Planet Plants Over People Notebook, £4



How to... SPREAD THE COST Back-to-school shopping doesn't

have to be stressful. Sit down with your kids to find out what they actually need - remember, not

everything has to be replaced! Make a list and buy something each week to split the cost.

ABOVE Smash Polka Dot Recycled Lunch Bag, £7; Smash Stainless-Steel Fashion Sipper Bottle Polka Dot 750ml, £6

MAIN IMAGE, FAR LEFT 1 Pukka Marble A4 Project Book, £5; 2 Casio FX-83 GTX Scientific Calculator in Pink, £15; 3 Small Clear Pencil Case, 50p; 4 Handwriting Pens 4-pack, £1; 5 Glue Stick, 75p; 6 Helix Cool Curves Maths Set, £4; 7 Shatterproof 30cm Ruler, 70p; 8 Twin Pencil Sharpener, 40p; 9 Merriment A5 Journal, £4; 10 Staedtler Noris HB Pastel Pencil 6-pack, £4; 11 Merriment A5 Mid-Year Diary, £3.50





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TINSPIRATION!

Make tinned ingredients the star of a budget-friendly dinner



RECIPES MIRIAM NICE PHOTOGRAPHY TOBY SCOTT FOOD STYLING LUCY O'REILLY PROP STYLING DAVINA PERKINS

CHICKPEA & APRICOT TAGINE

•••••

2 tbsp vegetable oil 1 onion, sliced 350g pack butternut squash & sweet potato 2 tbsp harissa paste 400g tin Plant Chef smoky lentil & red pepper soup 400g tin chickpeas, drained 50g dried apricots, chopped 200g couscous 25g pitted green olives, 15g fresh coriander. chopped

1 Heat the oil in a large, lidded saucepan over a high heat. Fry the onion for 5 mins or until starting to colour. Add the squash mix; cook for a further 5 mins, stirring occasionally, or until starting to brown. Add the harissa paste and cook for 1 min. 2 Pour in the soup, fill the can with 200ml water and add that too. Stir in the chickpeas and dried apricots. Reduce the heat to medium, cover and simmer for 15-18 mins or until the squash and sweet potatoes are tender. 3 Meanwhile, make up the couscous to pack instructions. Just before serving, stir the olives through the tagine, scatter with the coriander and serve spooned over the couscous.

Each serving contains

Energy	Fat	Saturates	Sugars	Salt
2115kJ 504kcal	14g	1g	18g	1.2g
	20%	7%	20%	19%

of the reference intake. See page 9. Carbohydrate 74g Protein 15g Fibre 11g 2 of your 5-a-day; source of protein

PEAR & PROSCIUTTO SALAD

Serves 4 Takes 15 mins
Cost per serve 94p

- 1 red onion, cut into thin wedges
- 1 tbsp olive oil, plus 2 tsp 415g tin pear quarters in juice, drained (juice reserved)
- 80g pack watercress, spinach & rocket salad 84g pack prosciutto
- slices 100g reduced-fat
- mozzarella
- 1 tsp Dijon mustard

1 Toss the onion with 2 tsp oil to coat, then griddle or fry in a dry nonstick pan over a high heat for 7-8 mins, turning halfway, until softened and lightly charred. Set aside.

- 2 Drain the pears, reserving the juice, and pat dry with kitchen paper. Griddle or fry in a dry nonstick pan over a high heat for 1-2 mins each side or until grill lines or dark caramelised marks appear. Set aside.
- 3 To assemble the salad, tip the leaves onto a large platter.
 Roughly tear over the prosciutto and mozzarella; nestle in the griddled pears and onion wedges.
- 4 For the dressing, whisk together 2 tsp reserved pear juice with the mustard in a small bowl. Whisk in 1 tbsp olive oil until smooth and slightly thickened. Drizzle over the salad and season with ground black pepper.

Each serving contains



of the reference intake. See page 9. Carbohydrate 20g Protein 22g Fibre 3g 1 of your 5-a-day; high in protein

BROCCOLI MAC & CHEESE

.....

Serves 6 **W S**Takes 45 mins

Cost per serve 74p

300g penne

1 head of broccoli, stalk finely diced, rest cut into florets

400g tin broccoli & stilton soup

100g reduced-fat mozzarella, grated

100g 50% reduced-fat mature cheese, coarsely grated

3 tbsp dried white breadcrumbs green salad, to serve (optional)

1 Preheat the oven to gas 5, 190°C, fan 170°C. Boil the pasta in a large pan to pack instructions, adding the broccoli for the last 4 mins of cooking. Drain, reserving 200ml cooking water.

2 Return the pasta and broccoli to the pan; add the soup. Use the pasta water to rinse out the tin and add that too. Stir over a medium heat for 1-2 mins. Mix the grated cheeses; add 150g to the pan. Stir until the cheese has melted; don't worry if the mozzarella gets stringy. Cook for 2 mins until the cheese is melted and the mixture is bubbling. 3 Season, then spoon into a large ovenproof dish. Top with the breadcrumbs and the reserved 50g grated cheese. Bake for 20-25 mins or until golden and the sauce is bubbling. Serve with a green salad, if you like.

Each serving contains



of the reference intake. See page 9. Carbohydrate 75g Protein 30g Fibre 9g 1 of your 5-a-day; low in fat; source of fibre

SALMON BURGERS

Serves 4 😵 Takes 35 mins Cost per serve £1.68

2 tbsp mayonnaise4 spring onions, sliced10g fresh dill, chopped1 lemon, zested, plus 1tsp juice

- 418g tin wild Pacific pink salmon, drained 30g dried white
- 30g dried white breadcrumbs
- 1 tbsp vegetable oil 4-pack brioche burger buns
- 120g bag mixed-leaf salad

1 In a small bowl, mix half the mayonnaise, spring onions and dill with 1 tsp lemon juice; season with black pepper. Cover and set aside in the fridge until needed. 2 Preheat the oven to gas 4, 180°C, fan 160°C. For the burgers, put the salmon in a large bowl with the breadcrumbs, remaining mayonnaise, spring onions and dill, and the lemon zest. Mix with a fork until combined. Shape into 4 patties with your hands, then transfer to a lined baking sheet.

3 Brush the patties with the oil, then bake for 25 mins, turning halfway. Halve the burger buns and add to the oven for the last 5 mins of the burgers cooking time, to toast.

4 Divide the sauce between the bun bases; top with the patties and a handful of salad leaves. Sandwich with the bun lids and serve the remaining salad on the side.

Each serving contains



of the reference intake. See page 9. Carbohydrate 38g Protein 32g Fibre 3g High in protein; high in vitamin D





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ummer is officially in full swing, and with it the promise of picnics, barbecues, alfresco family feasts and holiday celebrations. So I'm sharing a whopping five recipes that make the most of the season's beautiful, flavoursome ingredients. First up is my Summer veg pasta, which is brilliantly versatile. Picnics get an upgrade with my Smoked mackerel pâté, served on Melba toasts for that retro vibe. There's bound to be plenty of barbecues at this time of year, and my Veggie Cobb-style salad is the ideal BBQ sharing dish. And for those days when it's so hot you don't know what to cook, try my Chilled summer soup recipe.

Both my Veggie Cobb-style salad (p100) and Chilled summer soup (p102) are Better Baskets recipes, helping you make better choices about the food you eat, at great prices – even when times are tight. Look out for the Better Baskets stamp. So what are you waiting for? Let's get cooking!

GIVE ME MORE!

Scan this QR code to find Jamie's fifth recipe, Sweet & spiced chicken traybake.



'I love this simple, big-flavour pasta dish. It can be prepped in minutes, then it's all cooked on the hob, so it couldn't be easier. Smoky charred peppers, sweet tomatoes and creamy feta make this a real treat! Enjoy it hot for dinner, cold as a salad... it's even great for picnics'

SUMMER VEG PASTA

WITH CREAMY FETA & ROCKET

Serves 6 **(V)**Takes 20 mins
Cost per serve £1.09

2 mixed-colour peppers 2 red onions 4 garlic cloves olive oil 1 tsp dried oregano

400g ripe tomatoes red wine vinegar 200g block of feta 450g dried pasta 60g bag rocket

JAMIE'S TOO

GOOD TO WASTE

Tomatoes not quite ripe? Pop them on a sunny windowsill and not only will they soften up, but they'll also develop lots more flavour.

1 Deseed the peppers and peel the onions, then roughly chop and place in a large, dry non-stick frying pan over a high heat for 4 mins or until softened and charred. Meanwhile, peel and finely slice the garlic.

2 Once beautifully charred, add the garlic to the pan with 2 tbsp olive oil and the oregano. Roughly chop and add the tomatoes, along with 1 tbsp red wine vinegar and a little water, and stir together.

3 Snuggle the block of feta on top, drizzle lightly with olive oil and season with black pepper. Cover, turn the heat down to low and let it steam for 10-12 mins.

4 Meanwhile, cook the pasta to pack instructions, then drain, reserving a mugful of starchy cooking water (if making this as a salad, slightly undercook the pasta, then cook it in the sauce for the final 1 min).

5 Toss the pasta through the sauce, breaking up the feta as you go, then loosen with a splash of starchy cooking water, if needed. Roughly chop and stir through most of the rocket, along with a drizzle of olive oil. Tip onto a serving platter and scatter over the remaining rocket to finish.

Each serving contains



of the reference intake. See page 9. Carbohydrate 66.3g Protein 16g Fibre 3.5g 2 of your 5-a-day and high in vitamin C, which supports the normal function of the immune system





'This mackerel pâté is really simple to knock together and is incredibly moreish. Make it ahead for a superquick lunch, or pack into containers for a picnic – then pile the toast high!'

SMOKED MACKEREL PÂTÉ

WITH APPLE & CUCUMBER SALAD

Serves 4
Takes 15 mins
Cost per serve £1.45

200g smoked mackerel from sustainable sources
100g 50% reduced-fat soft cheese
1 lemon
1 cucumber
1 eating apple extra-virgin olive oil
1 butterhead lettuce
15g fresh flat-leaf parsley
8 slices Melba toast (or
4 slices of crusty bread), to serve

- 1 Peel the skin off the mackerel and discard, then place the fish in a bowl with the soft cheese. Add a good grating of lemon zest and squeeze in half the juice, then mash to a chunky pâté, or until it's the right consistency for you. Season to taste with sea salt and black pepper.
- 2 Halve the cucumber lengthways, scoop out and discard the seeds, then finely slice at an angle and put in a large bowl. Slice the apple into fine matchsticks, discarding the stalk and core, then add into the bowl.
- 3 Squeeze over the remaining lemon juice, add 1 tbsp extravirgin olive oil and toss to coat. Trim the lettuce, click apart the leaves and tear into the bowl. Pick in the parsley leaves, then toss together.
- 4 Divide the pâté and salad between plates and serve with some Melba toasts or slices of crusty bread.

Each serving contains



of the reference intake. See page 9. Carbohydrate 7.1g Protein 14.3g Fibre 2.1g 2 of your 5-a-day and high in vitamin B12, which supports the reduction of tiredness and fatigue 'This bright and beautiful summer salad is a great way to pack more veg into dinner times in a really fun way, and you can swap out the veg for whatever's in season. The quick blue cheese dressing brings it all together brilliantly'

VEGGIE COBB-STYLE SALAD

WITH BLUE CHEESE DRESSING

Serves 4 (V)
Takes 30 mins
Cost per serve 93p

4 large free-range eggs
2 thick slices of seeded
wholemeal bread
olive oil, for drizzling
2 Little Gem lettuces
200g radishes
red wine vinegar
2 carrots
10g fresh chives
50g mild vegetarian
blue cheese
2 tbsp natural yogurt

1 Cook the eggs in boiling salted water for 10 mins, then refresh under cold running water until cool enough to handle. Peel the eggs, then slice and set aside. 2 Chop the bread into cubes and fry in a medium nonstick frying pan with a drizzle of olive oil for 5 mins or until golden and crisp. 3 Trim and finely shred the lettuce. Finely slice the radishes and place in a bowl with a pinch of sea salt and 1 tsp red wine vinegar; scrunch together and leave to lightly pickle. Peel and coarsely grate the carrots.

4 Finely chop and place most of the chives and most of the blue cheese in a blender with 1 tbsp red wine vinegar and the yogurt; blitz until smooth (or finely chop the chives and cheese and shake up in a jam jar), loosening with a splash of water, if needed. Taste and season.

5 Now for the fun part – let's build it! Arrange all the ingredients in stripes across a serving platter (see pic, right). Drizzle the dressing over the top, break over the remaining blue cheese and finish with a scattering of the remaining chives.

Better Baskets

Each serving contains



of the reference intake. See page 9. Carbohydrate 18g Protein 13.9g Fibre 3.9g 2 of your 5-a-day and high in vitamin A, which supports the maintenance of normal vision

JAMIE'S TOO GOOD TO WASTE

Use up any remaining blue cheese in a burger for a next-level barbecue combo, or crumble it over your favourite pasta for bonus flavour.





'Inspired by my travels around the Med, this refreshing chilled soup showcases seasonal veg and includes 2 of your 5-a-day. Want it hot? It's delicious warmed through'

CHILLED SUMMER SOUP

WITH SMASHED BEAN TOASTS

1 garlic clove
1 rustic baguette
red wine vinegar
extra-virgin olive oil
400g tin haricot beans
15g fresh flat-leaf parsley

1 small red onion

360g ripe tomatoes 2 red peppers

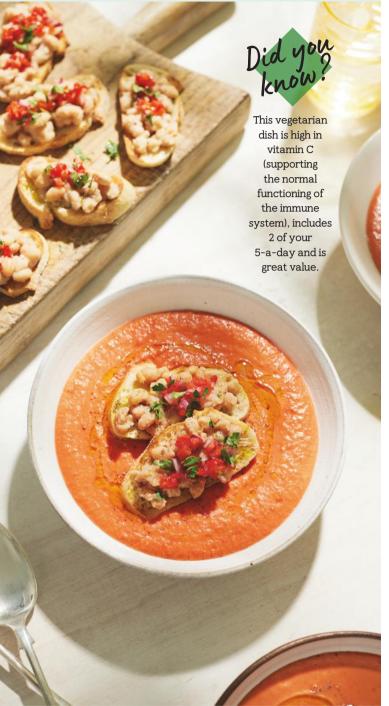
1 Halve the tomatoes, removing any tough cores, and pop into a blender. Deseed the peppers, set aside half a pepper and roughly chop the rest; add to the blender. Peel and halve the onion and garlic. Roughly chop half the onion and add to the blender with half the garlic, reserving the rest for later. 2 Trim the ends off the baguette and add them to the blender with 1 tbsp red wine vinegar and 3-4 tbsp extra-virgin olive oil. Whizz for 30 secs or until silky-smooth (I add a big handful of ice cubes to make it super-fresh and cold), then season to taste with sea salt, black pepper and a little extra red wine vinegar, if you like. Chill until needed. 3 Finely chop the reserved pepper and onion. Put in a bowl with a pinch of salt and 2 tbsp red wine vinegar; scrunch together and leave to lightly pickle. 4 Slice up and toast the remaining baguette in a dry nonstick frying pan on a medium heat, then remove to a platter and rub all over with the cut side of the reserved garlic clove.

5 Pour the beans (juice and all) into the hot pan, mashing slightly as you go to create creaminess. Turn the heat down to low, season and stir through 1 tbsp of the juice from the quick pickle and 1 tbsp extra-virgin olive oil. Simmer gently for about 5 mins or until thickened; spoon over the toasts.
6 Chop and sprinkle the parsley over the toasts, along with the pickle. Pour the soup into bowls, top with the toasts and finish with a drizzle of olive oil, if you like.

Each serving contains



of the reference intake. See page 9. Carbohydrate 45.8g Protein 10.8g Fibre 8.2g 2 of your 5-a-day and high in vitamin C, which supports the normal function of the immune system





JAMIE'S TOO GOOD TO WASTE

This recipe is perfect for using up stale bread and tomatoes that are on the squidgy side (they'll have lots of flavour). °2023 JAMIE OLIVER ENTERPRISES LTD. PHOTOGRAPHY: RICHARD CLATWORTHY, FOOD STYLING: RACHEL YOUNG PORTRAIT °2023 JAMIE OLIVER ENTERPRISES LTD. PHOTOGRAPHY: CHRIS TERRY





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^ Third party independent testing. December 2022. Pollen particles highlighted for illustrative purposes only

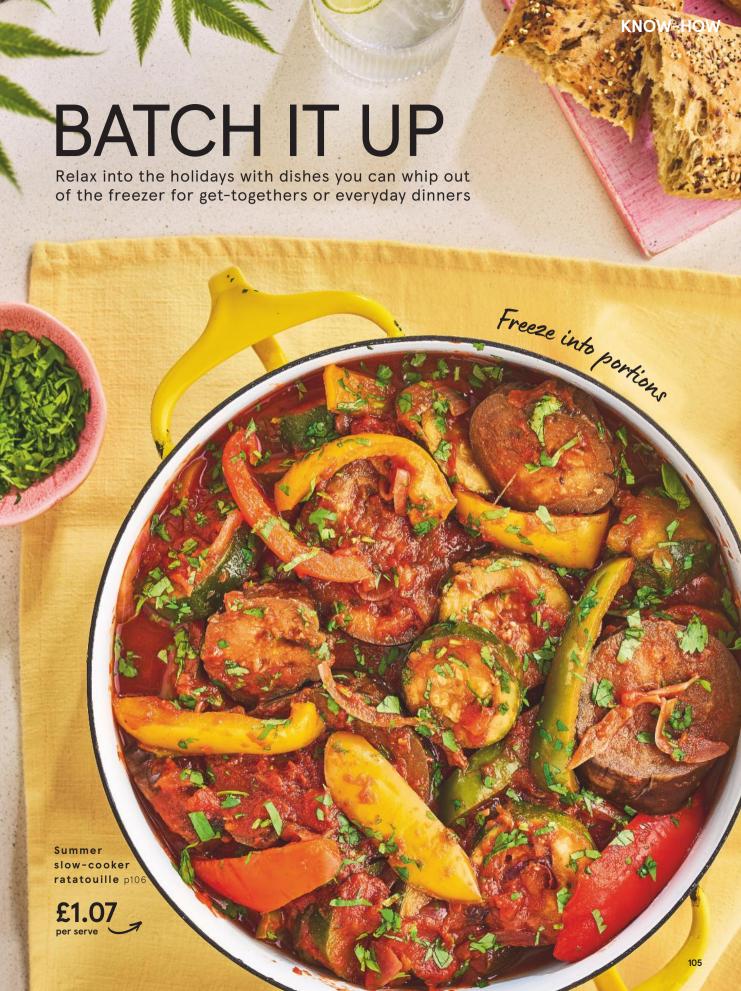
Unique Microfibre Wipe[^]





Use





SUMMER SLOW-COOKER RATATOUILLE

COOK'S TIP No slow-cooker? Put everything in a casserole dish, cover with a lid or a double layer of foil and cook in the oven at gas 2, 150°C, fan 130°C for 1½ hrs, stirring halfway.

- 4 tbsp olive oil 2 large red onions, sliced
- 4 garlic cloves, crushed
- 2 large aubergines, sliced into 1cm rounds, then quartered
- 3 courgettes, sliced into 1cm rounds
- 4 mixed peppers, sliced 500g carton passata 400g tin chopped
- tomatoes
- 4 tsp caster sugar 1 tbsp mixed dried herbs
- 4 tsp balsamic or red
- wine vinegar 20g fresh parsley,

chopped crusty bread (optional)

1 Heat half the oil in a large frying pan over a medium heat and cook the onions for 4-5 mins, stirring, until softened. Reduce the heat to low and add the garlic; cook for 1 min. 2 Add the remaining oil to the

pan and fry the aubergines over a medium heat for 4-5 mins, stirring, until starting to brown.

3 Transfer to a large slow-cooker (at least 5.5ltr capacity) along with the cooked onions, the courgettes, peppers, passata, tinned tomatoes, sugar, dried herbs, vinegar and half the parsley. Season, mix well, then cook on high for 3-4 hrs (or on low for 5-6 hrs), stirring occasionally, until the veg is soft and the sauce has thickened. Scatter over the remaining

bread, if you like.

Each serving contains

	_			
Energy	Fat	Saturates	Sugars	Salt
703kJ 168kcal	8g	1g	15g	0.2g
8%	11%	6%	17%	3%

parsley and serve with crusty

of the reference intake. See page 9. Carbohydrate 17g Protein 4g Fibre 6g 2 of your 5-a-day; high in vitamin C

SLOW-COOKER JERK BASA

•••••

Serves 8 8 Takes 3 hrs 40 mins
Cost per serve £1.34

COOK'S TIP No slowcooker? Put everything besides the spiced fish in a large casserole dish, season and cover with a lid. Bring to the simmer on the hob, then cook at gas 2, 150°C, fan 130°C for 1 hr 20 mins, stirring (add the fish halfway through), or until the potatoes are cooked through and the fish flakes easily. Finish with the remaining spring onions, chilli and coriander as per step 3. COOK'S TIP For a thick sauce, mash some of the sweet potato with a fork.

400ml tin coconut milk 1 lime, zested and juiced 3 tbsp jerk seasoning 750g sweet potatoes, scrubbed and cut into 2cm dice 300g frozen sweetcorn 2 x 400g tins black beans, drained 4 spring onions, sliced 1 vegetable stock cube, made up to 350ml 750-800g frozen basa fillets sliced red chilli and chopped coriander, to serve (optional)

3 WAYS TO SERVE

Midweek dinner
Serve with steamed
rice tossed with fresh
coriander, lime juice
and zest for a fresh
summer spin.

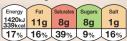
2 Easy alfresco 2 eats Use as a filling for tacos with pickled red onion, soured cream, sliced radishes and coriander.

3 Lunch to impress Add a little stock or extra coconut milk to loosen to a soup consistency and serve with crusty bread.

1 Put the coconut milk, lime juice, 2 tbsp jerk seasoning, the sweet potatoes, sweetcorn, beans and 34 of the spring onions in a large slow-cooker (at least 5.5ltr capacity) with the stock. Season, stir and cook on high for 3 hrs (or on low for 5 hrs), or until the sweet potatoes are soft. 2 Meanwhile, lay the fish on a plate lined with kitchen paper and sprinkle the remaining jerk seasoning over the top. Cover and set aside for 1-2 hrs to defrost slightly (or in the fridge until needed).

3 Add the fish fillets to the slow-cooker, gently pressing into the liquid to just cover. Cook on high for 40-50 mins until the fish is cooked through and flakes easily. Stir through the remaining spring onions and most of the lime zest. Top with the remaining zest, and some chilli and coriander, if you like.

Each serving contains



of the reference intake. See page 9. Carbohydrate 34g Protein 22g Fibre 9g

3 WAYS TO SERVE

Midweek dinner Toss through pasta with fresh basil leaves and a drizzle of olive oil. (Blitz the sauce for a veg-packed dinner kids will love.)

2 Easy alfresco eats Spoon onto puff pastry and dot with ricotta or your favourite soft cheese. Bake to warm through.

3 Lunch to impress Serve warm, topped with pan-fried fish. Serve with green beans and new potatoes alongside, if you like.





KNOW-HOW

BIG-BATCH AUBERGINE & SPINACH LASAGNE

Serves 8 (V) (88) Takes 1 hr 10 mins Cost per serve £1.46

picked

100g unsalted butter 100g plain flour

1.1ltrs semi-skimmed milk 15g fresh basil, 10g chopped, 5g leaves

4 aubergines, trimmed 3 tbsp olive oil

250g pack baby spinach 2x 500g jars chunky veg

220g pack 50% reduced-

chopped basil. Set aside.

fat mature Cheddar,

green salad, to serve

(optional)

pasta sauce 16 dried lasagne sheets



Good to know...

Rice revelations

It's a household staple the world over, yet many of us aren't sure how to cook it properly. We uncover some of the magic and mysteries of rice

WHAT ACTUALLY IS RICE? Rice is the seed of a type of grass. White rice has had the outer bran of the grain removed. Brown rice retains this outer bran layer, giving it a slightly nutty flavour - this increases its protein and fibre content too.

SHOULD I RINSE RICE BEFORE COOKING?

Unless making risotto or rice pudding, it's a good idea to rinse rice first: it will remove excess starch from the rice grains. helping to give a fluffy texture.

HOW MUCH WATER SHOULD I ADD?

It depends on the type of rice you're cooking. Generally, for white rice you'll need slightly less water than for the same amount of brown rice or wild

rice, as these types take a little longer to cook (see How to cook, right).

HOW DO I STOP RICE STICKING TO THE BOTTOM OF THE PAN?

You can add a little more water than recommended to allow the grains to move more freely and prevent this. If you prefer to use the absorption technique (see How to cook, right), you'll need to measure the water carefully and keep a close eye on the heat.

DO I NEED TO ADD SALT TO THE COOKING WATER?

This is a matter of taste. If you're looking to reduce your salt intake, then leave the water unsalted. You can always add a little flavour with a cinnamon stick or bay leaf.

MYTH BUSTER TRUE or FALSE?

TRUE RICE IS GLUTEN-FREE

All rice is gluten-free (including the confusingly named 'glutinous rice'!) and does not cause allergies associated with other grains.

FALSE RICE DOESN'T HAVE ANY HEALTH BENEFITS

White rice provides easy to digest, fast energy. Brown rice provides extra protein, fibre and antioxidants, and is a source of vitamin B1.



HOW TO COOK

✓ Drain and rinse

Most pack instructions will give a cook, drain and rinse method with a slightly higher waterto-rice ratio than you would use with the absorption method (below). This extra water is great if you're in a hurry, or juggling lots of dishes at once and can't keep an eye on the rice as much as you would like.

Absorption

The absorption method is great for cooking long-grain white rice such as basmati. It works well if you're boiling rice in stock or adding flavours, as they won't be drained or rinsed away. Use a 1:2 ratio of rice to water so for 75g of any long-grain white rice, use 150ml water. First, rinse the rice in a sieve, to remove loose starch, until the water runs clear. Put the rinsed rice and the water in a lidded saucepan. Once boiling, stir once, then reduce the heat to very low and simmer, covered, for 10-12 mins. Remove from the heat and allow to steam for 5 mins. The trick is not to uncover or stir while it's cooking and steaming - so no peeking! The rice will be tender and the liquid absorbed.



✓ Microwave

White rice is great for microwave cooking: try basmati, long-grain or jasmine. Use a 1:2 ratio of rice to water (if serving 4, use 300g rice and 600ml water). Rinse the rice, then put in a large, lidded, microwayeable pot (or use a large microwaveable bowl and cover). For an 800W microwave: cook, covered, on high for 5 mins, then on low for 12 mins. I eave to stand for 5 mins to steam. Brown, wild and red rice will take longer to cook so you'll need more water, and each has a different cooking time. If you are new to cooking rice in the microwave, white rice is a good place to start.



TOMATO PILAF

Serves 4 🔰 📭 🔠 🛞 Takes 30 mins Cost per serve 99p

4 tsp olive oil 1 onion, finely chopped 3 garlic cloves, crushed 1 red pepper, cut into bite-sized pieces 1 tsp ground cinnamon 1 tsp dried oregano 50g tomato purée

1 vegetable stock pot, made up to 800ml 250g pack cherry tomatoes, halved 100g reduced-salt pitted green olives

30g pack flat-leaf parsley, roughly chopped

1 lemon, cut into wedges,

pan over a medium heat. Fry the onion for 3 mins. Add the garlic and red pepper; fry for 2 mins, stirring. Stir in the cinnamon, oregano and tomato purée; cook for 30 secs, then add the rice and stir until coated. 2 Add the vegetable stock and

until the stock is gently bubbling,

3 Stir the olives through the pilaf,

from the heat and leave to rest

_	-	-	-	-
Energy	Fat	Saturates	Sugars	Salt
1536kJ 365kcal	10g	1g	10g	1.8g
18%	14%	7%_	11%	29%









MYTH

Reheating rice will cause food poisoning.

FACT

Reheating rice can be done safely, but there are some guidelines to follow. Ideally, serve rice as soon as it's cooked - otherwise, cool within 1 hr (spread out onto a plate to speed this up if necessary). It's during cooling that spores of a harmful type of bacteria can germinate and produce toxins that are not destroyed by reheating at a high temperature - so it's important to cool as quickly as possible. Never leave rice out in the sun or on the counter overnight. Keep cooled rice in the fridge and reheat within 24 hrs. When reheating. always check it's steaming hot all the way through. Do not reheat more than once.

Did you?

The 'best before'
date on your
average pack of
white rice will be
well over a year.
Store it sealed, in
a cool, dry place.







LET THE **SUNSHINE IN**



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Too good to waste

Thrifty tips to save money and reduce waste

USE IT UP

Speedy ideas for leftover ingredients from recipes in this issue

BUTTERNUT SQUASH, p54

Swap for potato in dishes like mash and gratin. Don't bin the skin, it's extra fibre! Toast leftover seeds in a dry frying pan to sprinkle over soups and salads.

FRESH LASAGNE

sheets, p108 Slice very finely and add to tomato and vegetable soups for a little Italian midweek magic. Or slice thickly for pappardelle-style pasta. Freeze in a freezer bag; cook in boiling water straight from frozen.

PANKO BREADCRUMBS,

breadcrumbs to make either go further. Use to coat fishcakes made with tinned fish for affordable patties. Coat raw king prawns in flour, dip in beaten egg, then coat in panko breadcrumbs; shallow-fry until crisp and golden.

CHORIZO, p62

pappardelle-style pasta. Freeze in a freezer bag; cook in boiling water straight from frozen.

Alfresco entertaining? Cut part of a chorizo ring into thick slices; serve with olives and mixed nuts for easy pre-dinner nibbles.

SWEETHEART CABBAGE,

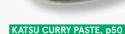
p32 Shred into coleslaw – finely slice the core and add this too. Use with Asian flavours in place of pak choi: serve blanched leaves with a drizzle of oyster sauce.

GREEN PESTO, p18

Store an opened jar in the fridge for up to two weeks. Swirl into mash, add to a frittata with cherry tomatoes, or stir through a soured cream and chive dip: serve with crudités or spoon over a jacket potato.

MOZZARELLA, p62

Stuff chicken breasts with the cheese, wrap in prosciutto and bake for a speedy supper. Grate and freeze for scattering over pizza, gratins or loaded potato skins.



Freeze leftover curry paste in ice cube trays, then place in a freezer bag. Add to chicken mince for Japanese-inspired burgers in buns with crisp romaine lettuce. Or thin with coconut milk, heat and drizzle over steamed veg.

RADISHES, p23

Pickle for 10 mins in a little white wine vinegar with a touch of sugar, then use to top tacos. Or grate and add to stir-fries. Slice into potato salads to add a peppery crunch.











save summer berries

STORE

Rinse berries in 3 parts water and 1 part vinegar, then pat dry. The vinegar lowers the pH level on the surface of the berries, which helps keep bacteria and mould spores at bay. Store them in a single layer in the fridge in a large container lined with kitchen paper, with the lid slightly open.

FREEZE

Bought one too many punnets of strawberries? Freeze in a single layer on a baking tray lined with baking paper; once solid, tip into a freezer bag. Great blitzed from frozen for supercool smoothies and milkshakes.

СООК

If past their best and losing their shape, put berries in a saucepan with a splash of orange juice and a couple of tablespoons of caster sugar. Simmer until slightly reduced, syrupy and glossy. Let cool, then spoon over ice cream or stir into yogurt.



GIVE ME MORE!

For more ideas on how to tackle food waste, turn to Jamie Oliver's feature on p98.

Strawberries and cream get a makeover in this summer party pud

79p

RECIPE LIBERTY MENDEZ PHOTOGRAPHY TOM REGESTER FOOD STYLING EMMA JANE FROST PROP STYLING MORAG FARGUHAR. "As part of a healthy diet, we recommend this recipe for a special occasion or treat.

STRAWBERRY TIRAMISU

Serves 14 **V**Takes 40 mins plus setting

Cost per serve 79p

Put 150g hulled and finely chopped strawberries, 50g caster sugar, 75ml water and the juice of 1 lemon (reserve the zest) in a saucepan. Simmer for 3-4 mins until starting to soften. Transfer to a blender and blitz to a purée. Set aside to cool to room temperature. Meanwhile, beat 250g mascarpone in a bowl to loosen. Add 2 x 300ml pots whipping cream, 100g caster sugar and 4 tbsp coffee liqueur. Whisk to soft peaks. Hull and finely slice 500g strawberries; set aside.

Dip 100g sponge fingers into the strawberry coulis for 15 secs each side, then arrange in an even layer in a deep 20 x 25cm dish. Top with half the cream, then dust with 1/2 tbsp cocoa powder and top with half the strawberries. Repeat with another 100g soaked sponge fingers, the remaining cream, another 1/2 tbsp cocoa powder and the remaining strawberries. Top with the lemon zest and a few mint leaves, if you like. Refrigerate for at least 2 hrs before serving. Will keep for up to 4 days in the fridge*.

Each serving contains

Energy Fat Saturates Sugars Satt 1512kJ 364kcal 25g 16g 25g 0.1g 18% 36% 79% 36% 1%

of the reference intake. See page 9. Carbohydrate 29g Protein 3g Fibre 2g









That's right. These tasty little bottles full of friendly bacteria are now available in cardboard eight packs.





